

Sort

Frequency illusion

BAADER-MEINHOF PHENOMENON

"De-signing" your life

Get rid of all the reminders and distractions

Be your own faithful servant

Stack the odds in your favor.

Find every edge and use every trick to make the path of least resistance the one that brings long term fulfillment. Make decisions now that your future self will be likely to follow. It's a cascade. The better you stack the deck now, the better hand your future self will get to play.

Fake it 'till you make it

Overconfidence is way better than under confidence for normally powered individuals.

Daniel Kahneman's advice is dangerous

I see an article on NY MAG regarding Daniel Kahneman's thinking fast and slow. He says that the most likely emotion to cause you make an incorrect decision is overconfidence. I think it's the dumbest god damn advice I've ever seen, because overconfidence is what allows people to do things outside the social norms, and reap the rewards of having no competition in a market. Or, being the first to do something or making a breakthrough. Your chances of being overconfident or under educated are the least today that they have ever been because of the advent of 500 people on Facebook telling you what a retard you are, and how good Google information is. If you were ever going to be "overconfident", this is the time to fucking do it. Obviously the more risk weighs upon your decisions, if you're a government or otherwise have the energy of many people at your disposal, you should be more cautious.

Over confidence is hard to measure

Further regards to Kahneman's thing is that he is giving you not actionable advice. You can't tell whether you are overconfident or not, so you can't take his advice to not be overconfident. You basically can be full of doubt and with today's progress you could do a thing four times wrong and have enough to do the fifth, right while the other guy is still fucking doubting. Doubting doesn't produce shit.

Beliefs

Evolution

You pinky toe is one easy way to see that you are evolved, not designed.

Aging directors and story tellers mellowing with age (xx change for less arguments)

Testosterone is a great deal when you've got much to gain and little to lose. Yet the longer you've been around - you end up with more to lose and less to gain. The same effective reduction in risk taking that is wise in a weakening body is wise economically as well. It seems to make for shittier stories, though.

Look at great musicians or great film makers. You will notice that as their testosterone dies down, the type of films they want to make get gayer. They become bigger pussies, instead of rage or conquest driven competitive type of people.

Your biology affects your behavior and your society

Chimp brain vs balls

More:

https://www.google.com/search?q=Chimp+brain+vs+balls&source=lnms&tbm=isch&a=X&ved=0ahUKEwidg_jt-7bNAhUJWSwKHSpBBQAAQ_AUICCgB&biw=1175&bih=1036

Pathing

Pathing quotes

Benjamin Franklin

Write things worth reading, or do things worth writing.

"If you wou'd not be forgotten

As soon as you are dead and rotten,

Either write things worth reading,

Or do things worth the writing."

Sell not virtue to purchase wealth, nor Liberty to purchase power."

Notice that "wou'd" is spelled exactly as that in the source document

Poor Richard, 1738

Poor Richard, 1738. An Almanack For the Year of Christ 1738,

From <<http://franklinpapers.org/franklin/yale?vol=2&page=190f>>
<http://franklinpapers.org/franklin/>

Do what wasn't inevitable.

What you should do is your potential impact, times the number of people it will impact, but there's another thing to look at, which is, would someone else have achieved that instead of you anyway. Thus there is value in doing the thing that wasn't going to happen anyway.

If you're writing your thesis,

for the love of God, please do not do what is interesting! Instead do what is interesting and useful, because it's easy to do. Interest is very easy to peak and therefore what interests you should also be helpful to the world. The good news is, if it's helpful to the world, you can actually make money on it.

I want you to imagine a sick kid. The kids dying in his deathbed because he's got some cancer, and you try and save him and you hand him an app, you hand him an Uber, and you hand him an iPad and you keep looking at him and he keeps whining in pain, and you say "what the fuck, why aren't these things working?". Well, because they're not supposed to. Apps don't cure people.

If a chain is only as strong as its weakest link, and in order to create some positive benefit to the world, you need to know how to do the thing and then actually do the thing. Well then, which of these two is the weaker link? Is the world more lacking in the ability to do things or is it more lacking in the desire to do things? I will tell you that what the world is missing is desire. Otherwise, everyone would have a six pack, be fit and would spend time with their families and do all of the things that they know they should do. They don't have a lack of knowledge on how, they have a lack of desire to do so.

If you want to play with the big boys and want to have the biggest impact world and be able to brag that you work on the hardest stuff that exists in the known universe, I think the human being is the answer.

Do one thing exceedingly well

"You shouldn't fear the man that knows a thousand different techniques, you should fear the man that knows one technique very well" – well, why would the education system be any different? Shouldn't you just learn to do one thing really well and then move on to the next thing?

A much higher, better use of your intellectual abilities, business talents, talents of any form are to not solve what other people think are problems, but to solve what you think are problems. This is assuming that you're smarter than they are and have better beliefs.

People wonder whether sometimes it's better to go into physics or biology. Well, you're made of meat and you could say you're made of physics, but let's take a look at that. Our understanding in application of physics has taken cash and very well educated people and executed it over a couple of hundred years. That's part of particle physics, but before they knew particles really existed, you can call it maybe 1,000 or 2,000 years with the Greek discovery of the Theory of Parts, where everything is actually made of smaller things, great! That was the first instance of this atomization of the world.

Now, let's take a look at the biological world. How much energy has the biological world put into figuring shit out? Billions of years with the energy of the sun behind it. It literally invented sex. It invented DNA. It invented mutation. Holy Shit! This is good stuff. Now, they've been at it for billions of years, they've had more time to do it. They didn't require experts to do it, every retarded thing got to participate in the process and they didn't require cash to do it.

You have to compare, what do you think is going to create more progress in the world? Learning from the organisms that have had billions of years and the power of the sun where every retard got to participate or a couple hundred guys with lots of money over the last couple hundred years? Learning from biology is going to beat the shit out of trying recreate biology in a lab.

In things that aren't subjective, there isn't a natural human preprogrammed emotional response limit to the progress that can be made. How fast can computers get? Well, pretty close to the speed of light as you move on up. There's a bunch of computer science theory guys that I'm sure will argue with that and I think everyone would agree that it's a lot easier to build faster computers than it is to make better tasting food because of the human limiting factor. Might you be able to take advantage of this? Yes. If you have studied for a year in being good at something that is touchy, feely, subjective, limited, like art, you may never become great in that area. The world may not need you to become great in that area and the chance that you waste a huge chunk of your life doing something no one is willing to pay for and not even becoming good at it is a shitload higher than if you did something that the world is willing to pay for and is easier to get good at and isn't limited by subjective experience.

Now, what might those things be? I don't know. Can you build a house? People like living in houses. I like living in houses. I don't like getting rained on, snowed on, hit by fucking lightening. I think houses are great. Now, how smart do you got to be to build a house? Not fucking too smart. We put a foundation down, concrete sounds good. We stack some bricks up on the outside, those are walls, that looks good. Does it need to be pretty on the inside? Sure. Do you like electricity? Sure. You run some pipe, you run some wire, you cover it with dry wall, you mud the dry wall, you sand and you paint it. These are things that children could do in playgrounds building sandcastles. You just have more expensive sand. Literally, that's what concrete is. It's expensive sand that's glued together.

I would rather see you put your time into something that's guaranteed to pay off and be amazing for you and get that base framework in where you're useful, you're effective and you bought your own free time to now choose what you're going to do with the rest of your life. Then, try and put the artful thing first that's unlikely to pay off and put you in a world of servitude where you must always spend all of your time helping other people achieve their dream so that you can get the money to try and fund yours. What's the summary of all this? You need to know the difference between what can be taught and what can't be taught, between what is more instinctual and harder to teach. Why? Because in this free world if you were lucky enough to choose what you what to spend your time on, what you get good at, you're going to reap a lot of profit. By getting good at that at which you are pre-inclined to get good at, or is of highest and best use to the world and teachable more so than you are perhaps becoming an artist, competing against the machines, competing against all of the past, competing against tools that aren't improving, paint and paint brushes has not improved, canvas has not improved, what are you going to do? How is technology and the progress of time helping you achieve your goals? You just chose the hardest path that pays the least, that's the hardest to teach. How long do you bash your head against that wall before you realize you should have built a base, been useful, been productive for the world and yourself and then fucked around however you wanted?

Common habits of focus, common useful questions. Can I do this 10 times faster, larger, who can help me with this, who already has had this problem, what other people work in fields close to this problem, how can this help the most people, is this the best thing I can be focused on?

The more things you're good at, the more lost potential you have.

Let's say that you're really good at more than one thing. You do one of those things well. You're not doing other ones. Thus, the ratio of things that you're good at, the more things you're good at, increases the ratio of things you're not doing. Let's assume you can only do one thing at a time. You're good at ten things. Now nine things that you're good at, you're not doing, because you're doing the one thing. Now let's say that you're good at a hundred things. Now there's 99 things are good at you're not doing. Holy shit, look at all the unhappiness you can have then.

If you focus being great on a single thing, then when you do that thing, you're not missing out on your potential in all the other things you could have been good at. Do what you're cut out for, measure your cut.

Like, you want to see whether you have perfect pitch – which is the ability to hear a note that is played musically and know exactly what that note is with perfect accuracy - it's insanely rare and uncommon. If you have that ability then you could and very likely will have a much better chance of being able to perform, produce, create or analyze all different types of music. Just the same way that if you look at the percentage of people over 7'6" that play basketball, it's something like 60 or 70% of them. Xx Check fact of basketball players height. Some giant portion of those people play in the NBA. If you've got perfect pitch, definitely look at music. If you've got a fourth cone in your eye, definitely look at art and things with color, like colorful art. Same way, if you're 7'6", give basketball a try. These are some of the few instances where obvious, measurable genetic differences – and I'm not sure about the genetic difference on the perfect pitch – but these are things you can test. You can measure yourself. You can go on audiocheck.net and take the perfect pitch test. It's nice to be able to benchmark yourself. You can go on humanbenchmark.com and check your reaction time, ability, memorize shit, all kinds of cool stuff.

Work on the important things first

Executing the Pareto principle in your personal endeavors so that you address your weak points. I like to call it Pareto efficiency better.

Wish for more wishes

Somewhere along the way adults lose the smarts that kids come up with. They just assume that shit whatever you want isn't really on the table, so they aim for the floor. If you could dream the biggest dream, and whatever you wanted would become instantly reality, what would you dream for? Now harness the power of jealousy, many normal ass humans with way less resources than you currently have, have achieve likely more than what you're asking for. So they can't both be true. What you want can't be impossible at the same time that others are already living that reality. Thus which belief is more powerful for you to hold? The one that gives you the chance at greatness, or the one that has you failing by default, and not learning what the real challenges are. The virtual challenges are enough to keep you weak ass down. Go out there in the world and discover what the real challenges are.

Needs

Tony Robbins 6 human needs of are a bad way to organize human motivations. (certainty, connection, significance, variety, contribution, growth?) Nah that's stupid, where is greed on there? Where is fear? Stupid system for organizing life.

Emotions

Every emotion has a reason for its existence

All these simple belief systems leave out obviously in the game emotions, like greed, or rage, or envy, they just choose a couple, and say those are the ones that matter, like safety. The map isn't the territory, and these models of human emotion are rather simple.

Caring is a resource

You have to choose what you DGAF about, "don't give a fuck" Just as you have to choose what you buy and don't buy with your money, you have to choose which things you'll use your limited caring currency on.

Be the master of your emotions

Comedians and musicians make their living causing people good feelings. You too can make yourself feel good in the same ways. When you're living in tune with your expectations, you'll find a lasting inner glow and smile that just doesn't seem to go

away. When it first appears, you'll be curious as to why it is that you're happy for no reason. This is the hidden and lasting joy that comes with living up to one's expectations.

Adversarial internal logic

When one wants to quit the behavior, but on the other side wants to engage in the behavior

It's normal. Adversarial internal logic is a breakthrough in machine learning
it's an effective system, works in courts as well

Crying

<http://www.meltingasphalt.com/tears/>

Reframe instakill

Feeling terrible? Try thinking about how terrible you feel, wondering if you hit an all time record, it might shift your perspective into the joy of whether you've achieved a new status in life, gone somewhere you've never gone before. You might also just feel worse. I've had it happen where just thinking, how amazing is it that I can feel so bad right now from things only in my head, and instantly the feeling went away.

Pattern interrupts

Personality

Everything matters

Hmm. Temperature affects behavior. Diet affects behavior. Religion affects behavior. Gender affects behavior. Race affects behavior. Time of day affects behavior. Recent social interactions affect behavior. People doing the same bad things commonly and the same judge being tired of seeing it and trying harsher penalties to see if it can make a difference also happens. Everything matters. Yes, literally everything matters. Judges are more lenient in after a snack. <http://www.economist.com/node/18557594>
If you find yourself arguing that something doesn't matter, you are wrong. Everything matters.

From <<https://www.youtube.com/watch?v=ECAvNSho7gY>>

Being a nerd

You know you're a nerd when you tell the seasons are changing because the ads you see on the internet start including bicycles and outdoor stuff.

Values

Needing to feel significant is the power you give the world over yourself.

Consider the future, don't fall for the local maximum

Socrates death

You've optimized for a local maximum of good without regard to the distant future. Had Socrates remained alive and discovered/shared more, the fast future of mankind would have benefited far more than whatever the local people of his time may have. Thus for the majority of humans that will ever exist, it was surely not "good."

Beliefs

Choosing your destiny

Include quality in your value delta times market share

Elon musk has said that the best way to choose what direction you take with a business or a career is that you estimate how much better what you think you can achieve is over what people are currently doing, and multiply that by how many people you will affect. So you can do a lot for a few people or a little for a

few people. It's an ok way to look at things, sadly it relies entirely on what people will pay for, and as we've seen forever, fools and their money are easily parted, so people will pay dearly for all the wrong things, so qualitatively it's not the best way to look at what you should be doing. Who gives a shit what most idiots want. Fuck that, lets want something better.

Finding giant deltas

(delta means difference in fancy math speak)

Racism

Families, nations are racist too, so are restaurants, all restaurants would suck if they had to sell one of everything right?

White privilege is a retarded concept.

1. Let's take top math SAT test scores 2017. Asian>White>Latino>Black. With the Asians outscoring everyone else combined. Thus Asian privilege right? using your ["xyz poorly defined phenotype of human" privilege] model. So what you're really trying to describe is "non black" privilege, which is pretty racist. I could do this for billion dollar companies (mostly immigrants, hell Elon musk is an African immigrant.) Tons of races would measure out to have privilege using your model. It's a bad model using bad terminology, and is racist. 2. Grouping everyone who's skin color is black into one socioeconomic block is idiotic: Maybe you're black and born in the UK, or South Africa, or Nigeria, or whitey whitesville USA. It's the most racist way to group people. If you believe that where you grew up is more important than your color of your skin, than why would you group by the thing that you say matters less, the color of your skin? Because you're too lazy to learn the individual facts of the case, and see beyond the skin. Stop calling people by white/black group when it's the least descriptive means to isolate them from a whole. If you think nurture is what matters, then describe where they were nurtured, and even this is rather insulting. Racial discrimination and bigotry exist more than white privilege exists. It's a poor and racist term that insults "black" and "white" people at the same time. Stop being racist while trying to combat racism.

Mankind's place in the universe

What is life?

Space / aliens

Fermi's paradox

Where are all the aliens? The important question is, whether that terrible event preventing aliens who've had billions of years to dick around and be seen doing it, has already occurred, and we passed it, or has yet to occur, and we're fucked. It's basically a clue that some shit is likely to be coming our way, extinction level shit, or at least disassociate with physical space shit. Because we're bounded by the speed of light, appeals to there being infinite stars aren't useful. Those huge numbers of stars are too far away to matter, they mind as well be different universes, or the past.

Far away shit doesn't matter and we aren't first

The reasons we're not likely to be first to be conscious and alive in the universe, is because there's only a single "first" slot and nearly infinite "not first" slots. Thus we're nearly infinitely not likely to be

first. First or not doesn't matter, because everyone else is too far away to ever meet. Damn you speed of light limit.

Turning inward isn't as likely as turning outward. Choosing to turn inward instead of travelling the stars is not likely, for turning inward still has an energy cost, and energy is finite per unit of space, thus you must choose between starving other life of energy (think trees competing for height) or you can expand. Expanding has too much profit to be ignored by that which evolved to meet the question.

Genders

Social justice

Let's just get some diversity in all the other countries too, let's just open up all the borders, force every country to reflect the makeup of the world, and watch it all fall apart and split up again. Worried about no diversity where you live?

Great, go destroy all diversity by equally mixing everyone everywhere.

Tactics to beat social justice warriors.

Appeal to fairness, ignorance of difference is insulting and demeaning.

Get agreement that calling everyone the same is bad.

Point to a set that has two parts that would be insulted if you call them the same, perhaps Jamaican and African, or Chinese and Japanese.

Get agreement that calling two different peoples the same thing is insulting.

Replace those parts with Male and Female gender instead of nationality.

Hope they get the analogy that calling men and women the same is as insulting as it was to call the other two parts the same.

You could also use skin color or language or age, or height as the blurred lens you're looking at people through. Whatever you think the listener will have the easiest time noticing that ignoring differences is wrong.

Result of realizing trying to destroy differences is harmful, and where it should be done, the benefit should outweigh the cost.

It would be insulting to say that everyone from Africa was the same. As it would be to say that all black people were the same. As it would be to say men and women are all the same.

The ignorance of difference is insulting. Destroying differences is worse than insulting and thus perhaps your quota on how many people of a certain type should be in your job or profession is also insulting. Perhaps their choice as to where they want to exist and what they want to do is superior to yours. Stop insulting and doing other larger harms to people by assuming you know better for them what profession or lifestyle they should be leading. You wouldn't do it with their music, or with their choice of beverage, so how dare you do it in regards to their work or education?

Difference between men and women

If you think men and women are the same, you either don't know much about me, or woman, or both.

Women get cancer less than men: <http://harvardmagazine.com/2017/03/why-is-cancer-more-common-in-men>

Pay gap

If women have a pay gap, getting fair pay for jobs that pay less, then men have a hours gap, doing more work than women. The inverse could show the stupidity of it, trading women pay gap for male hours gap

Priorities

What are you actually making profit off doing, what's really worth it, to help you see, what would you be willing to pay to do everything you do, no more free things, not even your job.

It's unfair to call things wage gaps, as it makes a presupposition that things are supposed to be equal, and we have a natural tendency to dislike gaps.

Goals

Maybe you should write a book

If you're smart enough to educate yourself and have the correct opinion about a subject, then why let that benefit die in your mind, you mind as well help others benefit from the work you've put in. It's similar to the idea that if you're smart enough to buy the right product at a good price, then you're also smart enough to advertise and let others benefit from that good decision you made. They're two sides of the same coin. If you're smart enough to know what to buy, from whom, and why, then you're smart enough to transmit that same information on to the next person so he can make the same informed decision.

If you need to be well educated on a thing to have that good thing in your life, then you can if you choose, let others benefit from that knowledge

God

Intelligent design

Why is your heart not right in the middle? Why does your stomach work better when you sleep laying one direction instead of another.

Creationism

Inbreeding might be a feature not a bug

is problematic, and often illegal. Wouldn't it have been easier to make having children with your own children impossible, as it's impossible to have kids with a horse. Seems like the system for making kids, isn't well optimized, perhaps it's a bug not a feature though, if you can't find any other mate at all, maybe inbreeding beats extinction as far as survival goes.

Being good while bad

Fudging the crime stats. Make up. Corsets. Lying. These all make you look good, while you remain bad, if not worse.

The failure of philosophy

If you've read any of the great books of history, you already stand in honor of them. If only the great thinkers of yore had the learnings and tools that we now have. If you insert into their teachings the things we now know, that they knew not, a new great work would result.

What do we have that they did not? Computation, Evolution, Game theory, hundreds of years working on the things they left for us to build on. This great wealth of knowledge not

only add, but subtracts from some of the silly ideas the greats had. Silly things like shopenhauers believe that life is pain. What an easy to disprove assumption One need only visit a sunny park with ones eyes open. Contentment or even boredom is a much more common state than pain. For those uninjured, pain is a much rarer state than most others.

Smashing hundreds of years of discoveries into the great teachings of old destroys the thin veneers of inaccuracy and leaves polished the enduring stone.

Only through the application of this hardfought knowledge we've worked so hard for over hundreds of years can we see the ancient, lasting knowledge for the gift that it was, free of the clutter of dated ideas.

The meaning of the universe, our reality

Don't cry over spilled milk

Or milk that will have spoiled by the time you figure out if it spilled or not.

Only what is local and soon matters. If the universe is one of many, or a simulation, it truly matters not. Those problems or opportunities are the purview of those who are able to pass the hurdle of survival. Biological problems are coming to kill you and all that you love, they must be solved first.

Mind and body are the same

Most people think their mind and body are separate, until you remove little parts of the brain in their body, then you discover that the mind stops existing as you take bites out of the brain. That being said, you'll spend more time in your head than anywhere else in the world, so you mind as well be great at it :)

Benefit the many, they will benefit you backk

I want you to feel good about doing things for the many, so they can do things for you. You will get more out of helping others than you can get out of helping yourself.

Xx Meta: This says doing shit once is weak, and doing shit for the many is strong, which is a statement about scaling, which could easily go under power, however, it's only useful if you choose to not schedule personal dev, and really its supposed to change your general belief and value in regards to helping the many over helping the few, of which the single you, is definitely few. The problem with personal development is that there's only one you. You can't multiply your benefit times a whole bunch of people. The point here is that, in a world where you can scale, you will always get more by helping others, than by helping yourself. If you live in a house, and you didn't build it by hand, or speak a language that you didn't invent, clearly your life is massively influenced by many many people, who you have likely never met. If you can help the masses, they will help you back, in ways you couldn't dream. Focus on the many, and you, you are not the many.

Nightmares are awesome

What better thing could your brain be doing than preprocessing good actions for you to take if the worst things happen? Would you rather your brain instead prepare for doing all the right things when everything is going great? When everything is great you probably don't have to worry that much.

You become what you focus on

What you focus on early in life will color everything else you do after

Elon Musk read space books, loved space, now he does space. Anthony Robbins had somebody who came by to feed his family, now he has a feeding people charity. If

some shit affects you early in life, it is very likely to affect you later on in life. That stuff matters. It just matters a little bit less to me. Bill Gates has almost got polio wiped out. We don't have to wait 20 years for that shit. It could happen in the next five years, right? I care most about the things that are exponentially powerful now and happen now, and then we can revisit these other things later.

Fucked if you do, fucked if you don't

Anytime you have a gift and you're not using it, you feel regret even if you know that gift isn't what you should be doing.

I'm a very social person, I love talking to people. I'm exceedingly good at it.

Unfortunately, I can measure the output and benefit that I've had in the real world from the connections and social interactions I've had with people, and they're not that profitable. The things I've done at scale, that affect thousands of people shit on the one-on-one conversations that I've had.

I guess the only people that wouldn't agree with that measurement are people, that have never had the privilege of doing things at scale. Whether they be speaking in front of an audience, having a business, writing a book or having a blog or vlog or whatever, you choose. What's here the *damned if you do, damned if you don't*, I'm going to come up with a better phrase for it, because that phrase sucks.

Here's the problem. Anytime you have a gift and you're not using it, you feel regret even if you know that gift isn't what you should be doing. How do you win that one?

Game theory

To punish the bad behavior of those that have wronged you, you will naturally feel like being angry, or hurt, or retaliatory, all of which instantly harm the quality of your life. Meanwhile, the person that harmed you gets to act even nicer, in apology, or may be oblivious to the fact that you're even transmitting angry looks and words in his direction. He may be too far away. You lose, and he doesn't, all because earlier he gained from your expense.

Dream Books/ Dream Boards

I think the best way to understand the value of a dream book, or whatever fancy word for reminding yourself through environment, of a different pattern of focus than you may otherwise engage in, is does it influence your behavior? If it influences your behavior and you chose the image, chose the meaning, and you chose accurately, then it's useful. If it doesn't influence your behavior, or even worse, if it influences your behavior in a direction that was counterintuitive to your selection of the image, or whatever it is, that you're looking at, or influencing yourself through environment with, then you're farther away from where you started.

I'm going to tell you how I feel about vision boards and dream boards and why in general I don't like them, but how there's this specific exclusion to how I would like them. If you paste up sheet music on your refrigerator and sheet music on your bedroom wall, it's a world different than putting up sheet music in front of an instrument that you actually play. If you cover your house in recipe books, it's a world different than if you have a recipe book when you're actually making some food. I feel that vision boards, dream boards, menus and diagrams and all of those things are infinitely more useful when they're directing your focus, when you're working in the space. I think that they're less useful when they're just there and they're not really causing though that's sustained.

Meta

Introduction

These are the parts of your brain that usually influence you before you influence them. It's like a good friend telling you a joke. They're going to make you laugh, because you respond to their input.

Spirit is "*the non-physical part of a person which is the seat of emotions and character; the soul*" and "*the prevailing or typical quality, mood, or attitude of a person, group, or period of time.*" Xx Source? Add.

If you feel loved or connected to the universe, or a part of something larger and more important, or religious, those underlying feelings affect how you feel and perform, and whom and what you spend your time with. It's important stuff.

Emotions

Basic emotions

More at: <https://en.wikipedia.org/wiki/Emotion>

Picture: https://en.wikipedia.org/wiki/File:Emotions_-_3.png

Average emotional quality of life

Ride the victories. Get a peak and hold it without resampling the happiness. Increase happy time with little amperage.

Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.

Epicurus

Greek philosopher (341 BC - 270 BC)

Being happy and complacent gets outperformed and selected against. Happiness is overrated.

Xx A chapter on "happiness is overrated" would be funny, as a counterpoint to the enjoy chapter and emotional mastery. It's overrated for performance and future happiness, however, it's instant win in the short term.

A lot of people really, really care about how they feel. And yes, for your internal environment your average emotional state, your quality of life, the quality of emotions that pop up, and how often and for what duration and intensity they occur in your life, that is your quality of life. There's something else outside your quality of life. There's the likelihood that the system you create through behavior enforces those things to be harder or easier to appear. You might be able to force happiness as a homeless person who's in constant pain, because you can't afford good medical care, you might be able to do that. However, you might find it's a lot easier to be happy when you're not in constant pain and you're not homeless, because you have slightly more money, because you learned a skill that you're good at that other people aren't that you know. Might even be enjoyable for you to do something that may not directly give you the same happiness, like controlling your focus and having positive beliefs, but it surely works, which is why when you interrogate and question people in regards to their happiness and believe their answers up to 70 grand a year, you just keep getting happier the more money that you make. At 70 grand it falls off and it goes negative.

I like the idea of your emotions being your *internal environment* because just like your environment in the real world, it is going to trigger you more than you're going to trigger it.

Their environment has a lot more momentum than you do. It's not always easier for it to be a non-reactive to you than it is for you to be non-reactive to it.

As far as your emotions go, your internal landscape environment is going to be like the constant operating pressure that you exist under that can cause a movement in direction that's very nice or a direction that's very slow. It's like walking through mud, deep mud. Or, having the wind at your back, and all your beliefs and values, and common meanings that you assign to things, that's what is going to filter all of the new reality that you experience as you're traveling down the path and it won't always be a path. A lot of times it will be up against the making a path of your own - *trail blazing*, they call it.

Those filters of beliefs, values and meanings that you assign are going to change the internal environment with the matchup between the new things that you run into that are either inside or coming from the outside, but they're entering your consciousness; either subconscious or conscious. Once they've gone through that filter, they change the wind, they change the weather, they change the walking.

Unlike many environments, your internal emotional environment can change in a heartbeat. Unlike the environment in the real world, in your emotional environment it is you that has the momentum whereas the environment itself is actually another variable.

Better emotions in your life

Do you want to have better emotions in your life? Great! I want you to sit up in your chair straight now, breathe deeply and just hold that posture for a minute. I want you to think of a time when you felt really proud about something, really intense feelings of pride. You deserve to feel great right now. Feeling great right now, I want you to think about what would happen if you took the same belief, the same habit of feeling great and deserving to feel great, and did a little more often in your life. It's only a couple of sentences of work, and it could pay a lifetime of benefits if you feel like it's a good thing to throw in there. If you read a book and it just tells you to do a little mind trick that makes you sit up and feel good, and then you actually follow along which most people have to. Don't think about a giant pink elephant right now, I command you, no giant pink elephant thinking! The human brain can't understand that shit, it has to frame it in the positive, and imagine it.

A very long time ago I came up with this thing called *it's a way to be happier more often nearly free*. If you are concerned with the quality of life that you have, the *quality of life* that you have is to a large degree the *quality of emotions* that you have in your life. We don't have that many words to describe them and we don't even really feel that many core emotions. Let's talk about food for example. Beef, chicken, steak, fish. There aren't that many core types of meat. Yes, there's different kinds of birds. Yes, there's different types of four-legged creatures that are larger and smaller that are tasty. The point is, if you're willing to categorize emotions reasonably and ask people to write down the emotions they feel in an average day, you're not going to get more than 12 answers. If it's true that it's only basically 12 types of feeling you can feel in a day, that's quite wide a range.

Most people's range is much lower than that. Then, the quality of life that you have is based on the *rules* you have for that quality. If in order for you to be happy you have to have a six-pack, 10% body fat, make a million dollars a year, have a model girlfriend, and win a hard

contest that is competitive in any arena once a year, you're fucked. If every single one of those things is an *and* statement – this and that and that have to be true for me to be happy, and if all of those things don't happen, I can't be happy. Then you're fucked because you set up the rules of the game where you can't win.

As a result, you've got two options. You can either change your rules through effort, dedication and programming in new rules, or be super human and just hit those metrics all the time. Good luck with that. You can also change your sampling frequency. You can change the rate at which you measure how you're matching up on those goals. This is my invention. If you're happy because you're hearing some great music or something cool is happening, you lock that shit in and you make no effort to measure anytime soon to see whether you shouldn't be happy anymore. You prolong the next sample, the frequency, the rate, the time between this sample and the next one. As soon as you've got a good one, you slow down your sampling. Ride the dream.

Why not ride that high? Forget that you just lived the dream and join the suck of being reminded that you're not good enough for this next person when you ask them for the world and they're not interested in giving you even parts of it? Why would you fuck yourself over like that? If the mission of doing the thing is to feel important and you already feel important, why risk that feeling of success you just had.

If the goal is to maintain happiness, then you can greatly increase the chance that you will remain happy by achieving a high and riding it. If you catch a wave as a surfer, you stay on it until it's over. You don't try to catch another wave while you're still riding the first awesome wave that you caught, because you would crash and you would burn. More accurately for surfers, you would wipe out. If you don't want to wipe out emotionally, do a good thing, have reasonable goals – hopefully goals within a reasonable range of what you can do so you can get a taste of success and find the easier way to your next goal. You can just set smaller goals and do it more frequently instead of setting a goal you can never reach, which just causes you pain. I never do even close to good enough. I give up. Having goals that are too large and sampled slowly is not smart. Having goals that are small and sampled quickly is smart. You get faster rewards. That's why video games are so addictive. You don't have to wait a year to see whether you beat the boss or not. You fight the boss, you win right now within 5, 10 minutes, maybe an hour or two max.

I've never heard of this system before – I've heard of changing your rules, your beliefs, your habits, your skills. I've never heard of purposefully manipulating the *frequency* of which you measure whether you've met your goals or not. Measure faster when life sucks, so you can swallow some winds quicker. Measure slower when you've already caught an amazing wave, if you're trying to optimize for your emotional happiness. If you're not trying to optimize for that, if you're trying to optimize for just crushing and being the most effective person in the world, and you're the kind of person that can crush and be effective while sad or otherwise emotionally screwed up, you might find more performance by not being extra happy through changing the way you measure whether you should be or not. You might be the kind of person that can torture themselves into progress and success. Some people are this way.

I would say most people, when they crush their souls and crush their dreams and make everything impossible to win, would respond rather reasonably with *Fuck this. I would rather go do something else – nearly anything else, whether it be drink, smoke, blow my ears out with loud music or blow my brains out with a gun. Fuck all that pressure.* The funniest part is there isn't any pressure. You invent it. There is no actual pressure. You're at one atmosphere of pressure just like everybody else.

If you want to ride the highs and have a slightly more enjoyable life, ride the highs. Don't ride them forever. When the wave is over, it's over, but don't jump off of a good wave to jump back into the horror if you're trying to actually enjoy life. I'm proud that I invented it on my own and if someone else out there invented it at the same time then congratulations to you, too. Be proud of yourself as well. *Sampling frequency* is a totally awesome way to refer to it. Anyone that's ever had a CD player has been exposed to that word for a long time. Probably no one knows what the fuck it means, though.

Mindset to feeling

If you ever want a nice excuse to get rid of feeling bad or some emotion, just think about how non-productive you are and think if you're non-productive anyway, might as well be happy.

Paul Ekman - Emotions

"For more than 40 years, [Paul Ekman](#) has supported the view that emotions are discrete, measurable, and physiologically distinct. Ekman's most influential work revolved around the finding that certain emotions appeared to be universally recognized, even in cultures that were preliterate and could not have learned associations for facial expressions through media. Another classic study found that when participants contorted their facial muscles into distinct facial expressions (e.g. disgust), they reported subjective and physiological experiences that matched the distinct facial expressions. His research findings led him to classify six emotions as basic: [anger](#), [disgust](#), [fear](#), [happiness](#), [sadness](#) and [surprise](#).^[21] [Robert Plutchik](#) agreed with Ekman's biologically driven perspective but developed the "wheel of emotions", suggesting eight primary emotions grouped on a positive or negative basis: joy versus sadness; anger versus fear; trust versus disgust; and surprise versus anticipation.^[21] Some basic emotions can be modified to form complex emotions. The complex emotions could arise from cultural conditioning or association combined with the basic emotions. Alternatively, similar to the way [primary colors](#) combine, *primary emotions* could blend to form the full spectrum of human emotional experience. For example, interpersonal [anger](#) and [disgust](#) could blend to form [contempt](#). Relationships exist between basic emotions, resulting in positive or negative influences.^[22]

Multi-dimensional analysis of emotions



Two Dimensions of Emotion

Through the use of [multidimensional scaling](#), psychologists can map out similar emotional experiences, which allows a visual depiction of the "emotional distance" between

experiences.^[23] A further step can be taken by looking at the map's dimensions of the emotional experiences. The emotional experiences are divided into two dimensions known as [valence](#) (how negative or positive the experience feels) and [arousal](#) (how energized or enervated the experience feels). These two dimensions can be depicted on a 2D coordinate map.^[24] This two-dimensional map was theorized to capture one important component of emotion called [core affect](#).^{[25][26]} Core affect is not the only component to emotion, but gives the emotion its hedonic and felt energy.

The idea that core affect is but one component of the emotion led to a theory called "psychological construction."^[12] According to this theory, an emotional episode consists of a set of components, each of which is an ongoing process and none of which is necessary or sufficient for the emotion to be instantiated. The set of components is not fixed, either by human evolutionary history or by social norms and roles. Instead, the emotional episode is assembled at the moment of its occurrence to suit its specific circumstances. One implication is that all cases of, for example, fear are not identical but instead bear a family resemblance to one another."

From <<https://en.wikipedia.org/wiki/Emotion>>

Emotional programming

If you built living things from scratch, how would you program them?

Think about a world where people harm themselves, and don't care to eat or take care of their kin because of bad emotional programming or adherence to emotional programming. Those people would all be selected against. The question becomes, if it's true that everything that's here is here because it was chosen and it worked, then in what ways do some of the behaviors that are not commonly understood to work actually cause effectiveness? For instance, violence, pair bonding, jealousy, rage, frustration (it's a search function), boredom, laziness. You can basically model what the world might look like if you change the existence or strength of any one of those emotional variables. You take something that's universally effective, like delayed gratification, and you wonder how that emotion came into being. For instance like farming, if you don't farm at the right time, then you don't have food when you need it. Then there's people that couldn't work where it wasn't obviously necessary, and would lose productivity to those people that could do work when only it was necessary in a more hidden and tacit sense.

Emotions are how you got here

Emotions are the programming that allowed the unbroken chain of thousands of "lovers" to become your ancestors. If one single pair of people in that chain didn't raise their children to the point where they could find a partner of their own and raise children to do the same, you wouldn't exist to read this right now. This is also the reason that you feel so strongly about the opposite sex. It's the pull of your ancestors, and the same effective programming that served them for those many thousands of years.

Don't be the weakest link

Make babies, or make sure your ok with being the last of a hundred thousand year chain of successful parents.

If you don't feel that pull, then you might be executing the variety strategy, which means that we must be different than our ancestors, for the robust

species wins in the long run over the super specialized species. Being an omnivore is hugely advantageous.

If your programming for variety has led you to not have sex with the opposite gender, then you might be the end of your chain. Maybe you can cheat by being a sperm donor, or artificial insemination, but the odds are that you'll just be the last of your lineage.

It's a funny way to look at the paths we find ourselves on. Either you're doing difference from your ancestors for robustness, or you're doing the same stuff, because it's known to work. You can't really escape the paradigm. If you look at spiders, they often make exactly the same pattern of webs that their parents made, even though they've never met them. Some creatures are born with less desire to be novel, or break the model so to speak. We as humans are probably the most likely to try different things of any living thing we're aware of. Have you ever seen reports of men who just can't stop having sex with the tailpipes of cars, a very strange auto-erotica, so to speak? How often have you seen other animals trying to have sex with a car? We surely are pushing the limits of having kids with whatever we can. If there's ever a fertility treatment for steel and aluminum, we might have a car population explosion.

Thus, your spirit, your feelings, the programming which has served the 10's of thousands of men and women that ate, made love, and made sure you ancestors ate and made love and were safe until you were old enough to have sex and perpetuate the process. That programming, that giant long unbroken chain that results in you here reading my words, that is the real decider of what you will become, what your actual soul is.

Programming exists without software and hardware, take a look at any *rube Goldberg machine* or windmill, that's also programming.

The programming that governs our behaviors: Mood and Emotion

The programming that governs our behavior isn't needs, it's mood and emotion.

Needs is just a weird combination of certain selected emotions that is not accurate.

We come programmed with some pretty great software

I've got some great news, we come with some pretty great software. For the well and normally programmed of us, lying feels really bad, keeping secrets is hard, we want people to like us, we get bored, we want to travel.

Variance leads to excellence

I don't particularly like when the truth leads to ethical or moral places that I'm not too happy with. For instance, you're on the edge, 50/50 between being gay and being straight. If you flop towards the straight side, you have kids and your genes go on. If you flop to the gay side, you get off that gene pool.

There's a very strong evolutionary advantage to flipping on the side of disliking homosexuality, because at least in some rare cases, it'll flip you to the side of preferring chicks to dudes, or at least get you to try that behavior a couple more times, that might lead to kids.

Should people be able to love whatever they want? Probably, within the parameters of the law. Then, should people get hated on for the choices they make? No, not really. Should everyone understand why disliking gay stuff has been selected for by reality? Not by us, not by evil, just by it's what happens to create more of us. Since we're what's left, the only stuff that's worked in the 99,9 percent of permanent extinction. You kind of got to feel for both sides.

The stupid people that may not have too many tools to help manage who and what they are, and what they do, they are executing an effective strategy that, if for some reason they were born on the fence, they might flop to the side of having kids, and you have to honor that intention. Then you also have gay people, because you can't program humans perfectly and we have to have variation for evolution, they're just doing the best they can, too. They just happen to sometimes be girls in guys bodies, or guys or girls bodies or choose a certain aesthetic over another.

Thus, you've got two different systems, both trying to create people, and more effective people. In this case, they have conflict, and it creates basically an eternal conflict. 50/50 will always happen. Choosing straight over gay works, disliking gay helps that happen. Disliking gay gets selected for.

Having variation leads to excellence and durability, so they get selected for, and part of variation is liking different stuff. I guess there's always going to be conflict in this area. It's two conflicting behaviors that are both getting selected for.

By the way, if you have more execution of gay stuff in your crew or tribe of humans, that may appear as a sign of weakness to other tribes of humans, and they may decide to attack you first to take your shit. It's not just selected for at the individual level.

Important to note under the evolutionary selection stuff, that robustness and the ability to adapt vastly outperforms specialization and niche filling over time.

Perceptual excellence

Remember to include squinting as a natural response to things being unclear, head bobbing, head movement. This is the reason the birds bob their heads around and those things being related to the emotional programming for perceptual excellence.

Color response

<https://en.wikipedia.org/wiki/Aposematism> (fear of colors that indicate "don't try eating me")

Animals are great at lots of stuff we're not. You wouldn't want to get into an arm wrestling match with a similarly sized ape, because it's muscles attach at different spots to its bones, and therefore it will easily destroy your arm, and maybe eat your face to teach you a lesson about interprimate respect.

Cats can hear up to 60k hz, we can only hear up to 20k. We can see about 10 million colors with our eyes, lizards, frogs, birds and bugs can see about 100 million.

Emotional fitness

Seek love but don't chase it

Either get some love in your life, make that constant distraction dissipate, or see it as a distraction and focus on it later. If it's a goal, it's a great goal, if it's in the way, it's in the way big time. Or, maybe you aren't so passionate or hormonal, and thus less controlled by your baser impulses.

Positive Emotions

Joy

Love

Appreciation/Gratitude

Appreciation is the only true wealth

Since gratitude is a key to happiness, it's good to honor those that we owe so much. Rarely have I ever heard anyone genuinely exclaim how lucky they felt that the road was paved, or that they had such a great language available to them that they didn't even need to invent. Thank god for the toilet. Best invention ever.

Passion

Courage

True Courage

I would call it courage. It takes courage to jump out into the unknown and say *You know what, I'm going to quit my job, going to eat through my life savings and I might only improve the outcome 5% by finding the right doctor, or I could only improve the outcome by 5% by learning about one of these guys, who has limited availability getting you a time slot before someone else that didn't try as hard.* That willingness to sacrifice the 150-200,000 of money you may have made in whatever job you have in order to get that 5% chance in your life, that takes courage. It takes creativity to know that it's an option, and it takes courage to do whatever no one else has ever shown you what to do. If it were common that as soon as you get cancer everyone that loves you quits their jobs and only focuses on your wellness, then it would be a lot easier to do because you'd have a role model for it. I don't think many people have that role model experience because they don't have the financial freedom to do it.

Having the courage to endure pain to save energy for breakthrough

Enduring pain in order to stash up enough energy to make a breakthrough to then have overwhelming success is like holding your breath before a dive, sucks while you're doing it but it's the only way you can get low enough and get back with enough oxygen. Take whatever you want at the bottom of your dive up to the top and enjoy it. During the suck of getting no rewards or people telling you what you're doing is stupid is kind of what's required to make the breakthrough, to get to the place that they would never have the courage to get.

Enthusiasm

Positive expectations

Optimism

Helpfulness

Contentment

Negative Emotions

Boredom

Boredom

Behavioral benefits of boredom

Boredom exists to make us do something new. Associations exist so that you could not stay at home and lay in bed all day long. It just stopped working, people are tired. A lot of researchers believe that such behaviors evolve because they provide you with great benefits. They haven't appeared at the same pace as the world did. For example, now we've got an obesity epidemic because calories are more available than ever before.

Ever notice you get bored of things, no matter what the thing is - video game, people. Hell, even violence gets boring, why is that? I think it's a really interesting optimization to prevent processing loops where you can't ever get free. Boredom should seriously be looked at in programming and machine learning the same way that it has paid off for us. I would guess that boredom is a simple way to maintain search space width instead of depth. Boredom works great when there are lots of smaller problems and places to search with good payoff, and when the payoffs happen early, or not at all. When the things you need to beat require tons and tons of deliberate effort, then boredom is your enemy.

Pessimism (Can be used as a productivity technique)

Frustration (Not always negative)

Frustration is like a search function

Frustration emotionally is like a programming function where you have to decide how far down a path to go before you realize it's a failure. In the real world, if you actually walk down a path to see what's at the end of it, whatever time you spend going down that path, assuming you aren't tired or the environment hasn't changed, is going to take the same amount of time to get back to where you started. Every minute you walk in a direction is going to take you a minute to get back. This assumes that you have to reach the same starting point in order to start to have a new path, which surely isn't always the case, but is pretty common (in a wooded area where you need trails). Frustration is an emotion which is basically a halting, it makes you stop what you are doing, and try something else.

If you change the level, speed or intensity to which a person feels frustration, what you are actually doing is putting a limit on the depth of their search function. Or, if you don't want to call it a search function, you could call it an experiment function whereby which they are attempting to do something, which didn't previously exist or they didn't have the knowledge of, or they weren't good at. Then at some point you decide that we've got the diminishing returns out of this thing, we are as good as we are reasonably going to be in this time frame, let's switch to something else, how do we affect that change? You could really hate the first thing or you could really like the next thing. The problem is that the next thing is like this infinite set of all things possible, whereas the first thing is just one thing. It's much easier to cause the switch by

causing a distaste for the first thing than it is to try and look into the vastness of everything, and hope that it draws you away from the thing that has consumed your consciousness in the last five or ten minutes.

You will find that the amount of minutes and strength to which human beings feel frustration is probably due to the level of difficulty in tasks in the years past back, when our emotions really evolved with our desire for fats and sugars etc. I wouldn't be surprised if the vast majority of tasks existed during that formative period. That's actually a misleading term, we are still being formed just as much now, if not more. For the purposes of this argument, we'll just say formative period. If you looked from an outside perspective at those people having the problems that they did at that time, you would find that the frustration timing and intensity matched pretty closely with the difficulty of achieving whatever task might have been at hand, whether it was to plant a seed, get a monkey to stop stealing your food or keep the other cave guys out of your cave chick. I don't know if we will ever have the opportunity to ever look at that, because progress is happening ever so quickly that based on our own technological innovation, the natural biological kind is going to be outpaced.

Disappointment

Blame

Revenge

Hatred

Jealousy

Fear (Can be used effectively)

Anxiety

If you are anxious, ask yourself *What could it be that you are overvaluing or undervaluing?*

Insecurity

Guilt

Depression

Your mood and emotions

Jealousy

Everyone is cheating, so don't be too jealous

If you're ever curious why the world is so beautiful, so skinny and so fit, so energetic, guess what? Just like you discover all the athletes of the world are doping and cheating, everyone else in the world is cheating, too. Look at all of the drugs that are getting sold. All the diet pills, all the Botox, all of the surgeries, all of the steroids, you name it. Those multi-billion dollar industries, they have customers, and the customers, guess who? They are all those people that you look at, and wonder how did they do that?

Evolutionary psychology

If you believe that physical traits evolved, like monkeys having longer arms to be better at maneuvering in trees and reaching branches farther way, how could you not believe that his emotions had to evolve as well to make him even look up at the tree and decide that was a place where he would want to climb the trunk to get to the limbs anyway? The motivation and desire to use the physical tools of his body is

equally important. Imagine what use those long arms would be if his emotions instead evolved to go swimming. He'd be destroyed by crocodiles and sharks. All of our emotions are as, if not more, evolved than our bodies.

Rain is okay

Any time that you want to feel better about the rain, just remember the trees got to eat.

Expressing emotions

We all laugh, cry and facially signal the same

http://www.science20.com/news_releases/blind_people_use_same_emotional_expressions_because_they_are_innate_not_learned_study

Frustration is a halt command. Anger is a follow command

Frustration makes you stop interacting with whatever you're doing. It's the opposite of anger. Anger laser focuses you in on a single thing and gives you tunnel vision. If you see people maniacally laughing with a master plan and you wonder what it is that drives them and how they're able to achieve so much more than anyone else, it's through rage. An all-consuming fucking anger and rage for vengeance.

Spirit Mind

Happiness

Optimizing for happiness

Happiness is not the best target. Let's be serious, if you only want happiness out of this life, you're not asking for much.

Some argue that it is impossible to do the calculation that utilitarianism requires because consequences are inherently unknowable. [Daniel Dennett](#) describes this as the [Three Mile Island](#) effect.^[83] [Dennett](#) points out that not only is it impossible to assign a precise utility value to the incident, it is impossible to know whether, ultimately, the near-meltdown that occurred was a good or bad thing. He suggests that it would have been a good thing if plant operators learned lessons that prevented future serious incidents.

From <https://en.wikipedia.org/wiki/Utilitarianism>

I'd add here that the question is poorly formed, as there is no such thing as good or bad, unless you include *when* and *whom*. As most things that are good or bad are sometimes one way in the short term, and another in the long term, and always different based on the party to whom they're occurring, to leave out those obvious variables is negligent. They're obvious, unavoidable and super important, nearly impossible to not measure things. Wrong for whom, with what objective, at what time? It isn't perfect, but god damn it's a lot better. Why the hell are all these utilitarians trying to optimize for people they don't care about? There's no universal good in resource allocation with infinite human desire and limited real resources.

When bad things happen, they might be good in the long run, so do you focus on the short term and feel bad, or on the long term and feel good? Or do you fuck yourself the hardest and focus on the loss now. Then in the future, when the payoff has kicked in, just refocus back to the past. You can still feel the suck.

With more complex systems, you have to be creative and wise to guess what the future will look like. As a matter of fact, it's so hard that we will pay you thousands of millions of dollars. That is, if you can accurately predict the future values of things. Go take out a call or put option on margin in any market, at perhaps forty to one leverage. Now if you're right, you make forty times your money. If you're wrong though, you lose the same amount.

Since certainty is expensive to find, even where it can be found at all, you might take the easy payoff of having a positive outlook. The more comfortable you are with uncertainty, the more joy you will have in your life. When you aren't comfortable with uncertainty, your body and your mind will put you in an unattractive state of stress. You will tunnel vision on that which sucks and it will destroy your quality of life. Focus on what you want. Let your life be filled with adventure you travel through appreciatively. Reject the commonly taken path of stress and worry. If stress and worry paid better dividends, they could be considered. They take you farther from where you want to be, and lock you in a state of inaction. The coward dies a thousand deaths.

Why are all these philosophers trying to optimize happiness? If we were meant to be happy more often, we fucking would be. Being more happy leads to less effectiveness in the ways that we're used to doing it. The tortured soul must create to relieve his pain. The man or woman raised without love must lash out at the world in revenge or find a way to get that love he was so deprived, much of the greatness that we have in this world is the result of need, not want. Happy people have not need. Happy people's cups flowed over. It is that removal of need that destroys the common man's need to pursue happiness.

If you are already happy, why bust your ass in pursuit? Save the calories. A happy person probably executes his morality on others less often, and allows the suck to creep into the world, he doesn't want to lose his happy buzz by having to hack at evil with a hatchet. Better to assume that evil person over there doing evil things is really just like me inside, and they'll see a better way, somehow, hopefully. Hope into one hand, shit into the other, see which fills faster.

Happy and effective can be done, however, as long as effective is a competition among men, and as long as happy removes the need to compete, pre-happy people will be outperformed by post-happy people, for they MUST perform, whereas the pre-happy, might, or might not, he can only lose by playing, for he's already emotionally won. The unhappy person has nothing to lose in the hunt, only gain, for he's already in the shit, and see light at the end of the tunnel.

Now these kind of analogies aren't the kind I like to make, for as many colors as there are in the rainbow - there's many, many more ways to be human, and feel about things and operate. However, I'm pretty certain that if you looked at those humans who gave the most to the world they left behind death, I think you'll find they were described as more happy than anything else much more rarely than other emotions such as driven, or focused, etc. Thus, I feel quite comfortable putting the fate of

mankind in the hands of those who *must* win, and not those for whom winning is only an option. One day happy effective might be common, that would be great. As it stands, happily effective is an end I put after effective. If you really want happiness first, just keep lowering your standards and your salvation can be found in a day.

Be reasonable with your happiness, it's a tool, like all the other tools you've been born with. Emotions work, and they work well, for what they've evolved to do. When you start fucking with them, without honoring their original intentions and reasons for being, you're likely to find out the other people with the old programming are going to outcast you, punish you, and take advantage of your pretty new system of happiness no matter what. I know where I grew up, if you were struck in the face, and turned the other cheek and smiled, your ass would be beat until they could figure out what exactly was wrong with you, for what could be more interesting than a person you could beat, and they actually enjoy it? Well, see, now you're getting your ass kicked constantly, and to the casual observer, you've found a way to love it so that's great. Now some other poor kid doesn't have to get his ass kicked when he wouldn't have enjoyed it, you're here to be the whipping boy of the neighborhood.

You could honor the world in the way that it's been most responsive to, and do tit-for-tat strategy where you give as well as you get, or perhaps better. The world becomes a better place. Tit-for-tat is the most effective thing we've found, and it's literally how we hand out and authorize use of force by the government, you commit a harsher wrong, you receive a harsher punishment, that's tit for tat. Perhaps your fighting back is getting someone in the state to retaliate for you through the use of law, that's fine too. The point is, when you try to cheat the nice social system that we live in, by taking more happiness than is reasonable, you will be punished for it. Your fellow man will make sure that you don't get the happiness he's felt deprived of so easily if he can find a reasonable way to market that happen. There's a reason vandalism and mischief is so common among men, and it's because it's effective. If you break everyone else's shit, the things you have are more valuable. Every experimental non tit for tat way of interacting with others has been shown to get abused by others that notice that they can get free profit out of the deal.

Now, if you just kept that happiness inside, and didn't leak it out of your face harming all the jealous fools who gazed upon you, you could keep much of the upside of an inner peace and joy without getting the beat downs, you could even advertise tit for tat, but in reality not follow through, like many animals mimic poisonous animals, when they actually aren't themselves. They get the benefits the poisonous creatures do, without the effort it takes to actually be poisonous. It works for animals for millions of years, it might work for you, too. Hell, that's how the speeding tickets work, right? The sign says that if you go over the limit, you'll probably get a ticket, but you know you most of the time really won't, and thus the highway itself is a mimicking poisonous animal; sometimes you will get bit, sometimes you won't, is it worth the risk? Many tend to follow the speed limit, because to know the difference between the day you will get caught for speeding and the day that you won't is too hard to tell and too expensive to risk, just like toying with the snake that you can't tell whether it's a real venomous coral snake or the harmless "red milk snake" that's just like it.

Sun Tzu said that all war is deception, and that book has been a best seller for 2500 years. Kind of makes https://en.wikipedia.org/wiki/Deception_in_animals even more interesting. Think of all the instances we use in our own armed services the same tactics that animals have been using for millions of years. If you are weak, attempt to look strong, if you are strong, attempt to look weak (angler fish). If you are near, try to seem far. This is what camouflage does, it lets you grab your prey from an angle they're weak from, like an octopus grabbing a crab from behind. If you are far, try to seem near.

Remember here, some of these things only work during times of war. During a non-war time you're always better off looking stronger instead of weaker. Looking weaker invites war. A good tool used at the wrong time is the wrong tool. Learn from the animals, learn from Sun Tzu.

Enjoy not being happy

You're supposed to cycle into and out of happiness, just like sleep, just like eating, just like breathing, in and out. The sooner you worry a little bit less about how happy you are, the sooner you get a little free happiness. Maybe it's ok to be grumpy, maybe you like being grumpy. It could be a good deal for you, or you could be doing grumpy wrong, personality is an art.

Fuck optimizing for happiness

I haven't produced anything for the world in 12 years since I left the company that I ran, with 150 employees. I beat myself up about it rather regularly because I'm not doing what I should do. I'm not doing what I should do and that I should be benefiting the world. I'm talking about the very specific: I need to organize my book. I need to write one chapter and then the next chapter. All the things I know I need to do that are very specific and that's just book related shit. I've got similar things with different business ideas. I've got similar things with my personal health. I am a cluster-fuck of disappointment when I measure what I am doing - to what I could be doing.

We all have a way to do something we know we shouldn't be doing. For some people it's drinking. Then you come back and you're still there. There's a time for partying, there's a time for doing the things that you enjoy and I will tell you that those times are after you have got something working while you're sleeping, it's just too powerful. It's too powerful to skip.

Now theoretically, you could theoretically be happy and productive. I think that I could strategize a way to do that. All it would require is a little bit of social reward, and I would be good to go, but without that social award, living in a goddamn vacuum beating myself up all the time. The more opportunity I have in the future, the more pain I'll have, because the more mistakes I make, because I'm pushing harder. I made this analogy before: if you're a car and you're not moving, you're not going to see any bugs in your window, but if you're going a million miles an hour, flying through life, you're going to have a windshield full of fucking bugs. You got to choose. You want to be a shooting star or do you want to be a fucking stone?

Some people, they want to optimize for happiness. My experience and from what I've seen, it just leads to fucking loseriness. If you ask Barack Obama if he's happy as the president of the United States, I'm going to tell you fucking no. If you asked Tony

Robbins if he's happy, he's the best personal development life coach on the planet, the most wealthy and successful success person. If you're in the business of search engine optimization and you don't rank number one for search engine optimization, fuck you. If you're in the business of self-help and you aren't the most helped by your own self, fuck you. It's self-referential, it's meta, it's recursive. He should be happy, he's not a award winning artist like Picasso. If I'm so lucky to find happiness before productivity, fabulous. I'm not optimizing for happy.

Consciousness (Awareness)

Consciousness is like a color, a human construct

I believe that consciousness is like color, it's a human construct, it's a human way of understanding things, so it's profitable. It turns out that in the real world, color doesn't exist, in the real world there's no blue, there's no red, there's no green, you only think there's blue, red, and green because your brain decided it was a useful way to organize the perception of different wavelengths of light. Different wavelengths of light do exist, and different materials refract the light from the sun and other sources into our photoreceptors in our eyes, in varying degrees depending on the wavelength of the light, and that's all great. But that's just a human construct, right? The same way your brain is deleting you seeing your blinking, you don't notice every time you blink, the same way that you don't notice you can always actually see your nose, is the same way that you think that there's this consciousness thing, and it's important. But in reality, it's just a phenomena of belief that's profitable and useful. However, just like color, it doesn't really exist. I would go as far as to say that consciousness doesn't actually exist, you just think it does, the same way that color doesn't actually exist, you just think it does. Can you still make great discoveries and useful things in life by thinking colors exist? Hell yeah, sure you can. It's very useful, but when it stops becoming useful, feel free to stop using it.

The Consciousness Economy

Sales and Marketing people have power over your consciousness

If it's true that the most rare and valuable thing in the world is human consciousness, and sales people affect human consciousness, then sales people are pretty powerful. Furthermore, sales people and comedians are constantly refining their craft, mastering better timing and better wording to maximize the amount of response that they get and their target audience.

Advertising for people to do the wrong thing

If you're advertising for people to do the wrong thing, you're killing the mother earth that birthed you. You're killing the system you live in. You're making the world that you live in, a worse place. To some degree, that shittiness will come back to you. Probably nowhere near as close to the profit you make on causing it, sadly. That's the tragedy of the commons. If somebody gets to externalize the cost of destroying the environment and make extra profit, that's a great idea for them. (Xx This goes in "the world" as well)

Self-consciousness

Self-consciousness just means that instead of operating at your meta level, you can now see above you that there's another meta level with people walking around on it, and a glass floor, and you can then hop up there and then back down into the minds of other players, you could call that empathy. The issue is, why should you care to fuck

over dolphins, because they can't see that one level higher? The issue is that the whole empathy thing is more important for team effectiveness than it is important for calling to some sense of fairness, team beats fair. Fair is kind of the weak flour that makes the team cake. Flour can be ok, but given the choice, you take the cake. Thus, stop being a dick in regards to other animals having emotions, they do, and even if they didn't, you would get the profit from the rest of the people in your society of them not thinking you were a psycho and might kill them, by treating those non next level up seeing things as things to be treated nice. For as I said before, it's less important the concept of fairness, and more important the team effect.

Consciousness isn't really a thing

Consciousness, you think it exists, it doesn't actually exist. It's useful to think it does though. It's like Fuchsia:

[c3534l 1 day ago \[-\]](#)

Fuchsia is not a combination of pink and purple. It is the color your brain comes up with when it sees contradictory color signals (such as very high and very low wavelengths without the appropriate middle stimulation). It's the only color not in the rainbow. As you can see from this additive color program (<http://trycolors.com/?try=1&ffb5d9=0&c31cff=0>), pink and purple create a lavender color. Whereas fuchsia is what happens when you combine colors in an unusual way (<http://www.exploratorium.edu/sites/default/files/ColoredShad...>)

From <https://news.ycombinator.com/item?id=12271354>

[jpfed 1 day ago \[-\]](#)

To be yet more pedantic, it's the only *fully-saturated* color that's not present in the rainbow.

Colors are perceptual phenomena- the interpretation of a spectrum of light impinging on a patch of retina that almost invariably contains more than one frequency at a time. Colors include white, black, gray, pink, tan, beige, baby blue- none of which are in the rainbow.

From <https://news.ycombinator.com/item?id=12271354>

Color survey

<https://blog.xkcd.com/2010/05/03/color-survey-results/>

Awareness

Understanding the present

It's funny, why try to understand the ancient when you don't understand the present. Would you rather beat up the guy beating you, or some other person in the past, while your ass is getting kicked?

Mindfulness

The magic of *mindfulness*

In your life, you don't remember everything, you really only remember moments. Your memory is like any other muscle, it gets better with use. The more you journal the truly beautiful things that have happened in your life, the quicker you will be able to recall them, and the more of a positive effect they will have on your existence. For instance, if you win a very competitive game of something, it feels really, really, wonderful for a moment, perhaps hours, but the feeling wears off, not because it has to, but because you call it less and less into your memory (and human beings have a satiation point for everything). I think the reason winners look and act like winners is because they've won so many times, that they are very ready to fall right into their *I have won* - mode, even if they haven't yet, because their focus is on what they are used to (winning) and you see and feel it in their presence. The converse is true about

losers. Thus, you must keep a daily journal of your magic moments (and set out to create new magic moments) because they are what life and your memory is made of. Open up your book sometime and take a good whiff of all the beautiful things that have happened in your life. Don't let them disappear just so you can let your memory get rusty.

Create a reverse journal highlighting all the beautiful things you can remember about your life before this date, because if you don't, one day you will not be able to remember them, and they will truly be lost forever (unless you are lucky enough for someone else to have done this work for you).

Complain less

Complaining is describing an event in a negative tone with no indication of next steps to fix.

React less

Practice gratitude

Honoring our predecessors

Now we live in mega cities, and you have the option of living in a house someone else built, eating delicious food someone else prepared, and watching a mirror as someone else cuts your hair with expert precision. How is this possible? Specialization. People get good at a couple things instead of being bad or average at lots of things. The end result is that all the goods and services we enjoy today are better than they could ever be if you had to do it all yourself. Imagine if you had to invent your own language to speak! We stand on the backs of giants. The masses and masses of our ancestors who fought, lived and died so that we could have the life and lifestyles we have today. Honor the past and honor the memory of all those that died and fought so hard to allow you the privilege of living this fine life.

Appreciate more

Make a habit of appreciating the small things in life

Thank one person per day

Emotions are faster than thought.

Literally, it's closer to the stem of your brain than all the fancy thinking things, and so it's slower to react and transmit commands. And it should be.

You

Values

Value yourself over others most of the time - you are important

If you're not willing to cut your arm off to feed other people, then by golly perhaps you're not willing to just give away other things you own to them either. Perhaps executing that obvious fact is why nearly all the good stuff on this planet is the result of men organized in businesses with ownership and property enforced. As long as everything good in the world is made in that way, then you should find a way to do more of what works faster, than doing what doesn't work, and hasn't worked for the most part, throwing money into places where it isn't used properly.

I don't think it's an accident that businesses beat the living shit out of selfless endeavors for making the world a better place. It's damn near literally no comparison at all. Remember *one laptop per child*? Ever see one? Ever touch one? Ever use one? And that was one of the better ideas! The free market is the most powerful way we've

found to fulfill the desires of the masses. Not the needs, but the desires. Getting them to desire what they should desire is currently their own problem, and the intelligent marketers in the world are usually working against the consumers' best interests. I think these days the marketers are winning big time over the wholesome individuals ideal behaviors.

Call what the world is marketing out there what you like, I can tell you that if you designed the system from the ground up yourself, you'd probably not have everyone spending large percentages of their conscious life putting on a false face, hair, smell, etc., to trick their fellow man. It's kind of like the cold war? If everyone would chill out with the arms race, everyone could relax a bit, and our desires would renormalize, you know, back like everyone was still quite horny when pubic hair still existed. For those of you that haven't gotten out and about in the world these days, there's so little pubic hair in western culture, that the crab louse that used to infect that area on use are going extinct.

Now, Wikipedia says that there's no data for it, but noticing the recent hairless trend, the crab louse would have to be going homeless at an alarming rate, if they need hair to live in. Now Wiki says they can't tell because governments don't track it, and I would tell you they're likely not trying hard enough, because sales figures for common treatments, or surveying primary care physicians or students regarding the status of that ailment should be little different from the queries they execute for other ailments, STDs and drug use? If you're curious, just ask.

More at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2564756/>

I can't think of a compelling reason that the destruction of this creature's habitat would have effects any dissimilar than the many other creatures who've had their habitats destroyed, except of course that these things are blood sucking parasites, so good riddance.

More at: https://en.wikipedia.org/wiki/Effective_altruism

This shit is wrong, very wrong, for the fact they're cool with me and my loved ones dying earlier, because they value the far future, and its people at much higher values than is reasonable. Fuck the far future, if they make it great, I'm not going to kill myself for them. I don't know those fucks. If someone else wants to take the hit, and give their money to the future instead of the living here and now, well, I'd try to lobby them not to.

Now, if they couldn't be lobbied to help out my team, then sure, extinction level events would be a cool way to invest, better than hedonism from the perspective of my team's wellbeing. Now, serious, what the hell use is it to care about the very far future. If you're going to care about people and places that aren't you, and may never happen, and you're willing to fuck yourself over in that pursuit, then just look even farther past the next 100,000 years. The universe will expand and collapse, or there's a multiverse, you name it, the dinosaurs extinction in part allowed us to exist, and perhaps the best thing for these fantasy things that you simply care about need you to

die off optimally anyway, because you're using up all the nice fossil fuels they needed to jump start their evolution.

A slippery and stupid slope it is to care about the people so very far in the future. Let's say, however, that you did care about raw numbers and masses of people coming after you, shouldn't you be fucking everything that moves and maximizing your child output? The Quiverfull Christian sect does exactly that, pumps out the maximum number of kids possible. Hell, if you really care about the largest biomass of humans in the future, you should probably outlaw contraception as well. Might make procreating required by law and punishable by death perhaps, that should help expand the population too.

How stupid...

Every sperm isn't sacred, boys, and much of the effort you put into the future fiction fantasy world will kill progress that could be made in the next 20-40 years. Focus on the problems you actually have. Focus on getting to the gym and lifting the weights and eating right. Don't worry about how you'll fit through doorways when you're bigger and stronger than Arnold Schwarzenegger was - you won't be. You're solving a problem you're never going to have. Solve the problems in order. Solve the damn problems you *MUST* solve to earn your next problem even existing. Solve today's problems today.

They say the coward dies a thousand deaths, because he feels fear and imagines his terrible fate often, thus destroying what could be a good life if he had some courage. The courageous man dies only once. Stop being a pussy in regards today's problems by time-shifting your focus to the fantasy problems of the future. You'll find that a lot of those problems may solve themselves in ways that you couldn't have predicted. Imagine if you were spending big money on punch cards and vacuum tubes, you'd have wasted time perhaps optimizing for technology that paradigm shifts made useless. I'm not sure what the correct way to get people to care more about themselves and their families and the *here and now*, and not people thousands of years from now is. It's like people choosing the imaginary people of Narnia or some other fiction novel over the real living people of this world. Fuck the fiction people, we'll deal with them when they're closer to existing.

Greed

Behaviors that aren't selfful enough are self-extinguishing. It is the reason that you see the same social behaviors that you see in animals. If you want to take advantage of collectivism as an animal, you need to be part of the group, and you need to perform in social bonding experiences, if you become socially defective you will be kicked out of the group. For this reason, you see animals mostly working only with other animals they can have synergy with.

If an animal decided that it would do without food or mating, so that some other animal could, that behavior would self-extinguish itself out of the next generation, because over time, even small optimizations that are helpful are selected for. Fucking yourself over to benefit someone else that is either useless to you, or even worse,

wants to harm you, is self-extinguishing behavior, and is the reason that pacifists are by far the minority in behavior strategy both among humans and most other creatures. Any creature that has a territory by definition will fight to keep it.

Any creature that values pair bonding will by definition fight to keep its partner from getting raped. Any behavior that fucks you over but doesn't have an equal or greater side benefit somewhere else to you or someone like you will be selected against and disappear over time.

Equality, the myth

Equality doesn't exist, not even two foot long rulers are the same size. If they appear the same size or weight to you, it's only because you are bad at measuring things. Since two pieces of matter cannot occupy the same space at the same time, by definition everything is not equal, because everything is closer to some things and farther from other things. There are other situations where humans try to force equality where it would actually do harm. If you take the concept of pair bonding for social mating and rearing of children, when you remove specialization and attempt to make both members of the party good at the same things, you sacrifice the breadth of ability that comes from specializing in different areas. Men are supposed to do the heavy lifting, quite literally, that is why their muscles are bigger. Women are supposed to do the breastfeeding, that is why their tits make milk. The hunt for equality where there should be specialization does harm, not good.

The art is to avoid thinking that specialization is subjugation. Different doesn't imply hierarchy. In some places hierarchy is surely implied, however. Who should do the fighting? Men or women? Hand to hand combat? Who looks more able? Who wins in these matches in the real world?

Usually, equality exists, in theory. If I push this direction, there's an equal and opposite force. Equality is useful for physics, equality is useful for finding things that are similar. *Oh look! There's broken glass here. Hey, maybe there's broken glass there, too, because this floor looks the same and it's the same room, so maybe there's broken glass everywhere.* You must be a believer in equality to execute reciprocity and if your other team mates that you're interacting with realize that you're a scumbag that doesn't believe in reciprocity, they will punish you. You will get fucked over for trying to gain the system. When you cut in line, everyone hates you because they knew you cut in line. They will, given the ease of retaliation, fuck you up. Has to be easy, but they will do it.

I will tell you that in the search for equality, trying to make all lifestyle paths the same is pretty stupid, all lifestyles paths are not the same. If you do heroin, your lifestyle path that you have chosen is pretty stupid, and you are going to bring a lot of pain to yourself and to anyone else around you, and your life is likely to be very, very short, because you chose the wrong path. If you chose ultraviolent dictator, you're going to die pretty early. If you chose to be the president of America, your 100x more likely to die than the average person. Those people get assassinated all the time. A lot of the decisions you make that you want to think are equal because of some desire to be fair to the world is a disservice to those around you and yourself.

All choices are not the same, all paths are not the same. I hate having to spend so much time on better and worse exists, that different exists, but the whole world is so trapped in finding equality where it doesn't fucking exist, they forgot better and worse exist.

Tell me if equality exists, what is a Michelin star rating? Why do people use brands? Why do they Choose cheerios instead of tasteless oats that suck? Why do they listen to god damn songs? Equality doesn't exist, competition exists. Competition is where shit that sucks gets demolished by the thing that's good.

If you think equality exists it's because you are bad at measuring. Two rulers are not the same size, you just think they are because your measuring tools suck. If you are able to create equality at such a high degree, at such a high level you positively impact everyone else, because now people know that's possible.

If everyone's life is worth the same value, then what is a nation-state, and what is a family? It's quite obvious we hold different standards for those people which you exclude out of your, not only personal living quarters, but anywhere near you

If you knew how much time I spent convincing people that better and worse actually exists, it seems to me slightly absurd that people are so cowardly and so fearful of finding better in their life that they're willing to brainwash and convince themselves that better doesn't even exist, can't be measured and therefore whatever they're doing is already awesome because there's no such things as better, just different. That's pretty fucking stupid. Computers are better calculators than abacuses, OLED screen is better than the LCD screen, and if you want shit to last a long time, the pen is better than the pencil; a and if you want to make loud music, speakers are better than yelling. Better and fucking worse exists. Whereas I started out saying by explaining how stupid it is that I have to establish that better and worse even exists to then move on to try and describe what better might look like, I'm going to change my position on this. I'm not going to take whiny irritated complaint about the world position. I'm going to take an advanced, how lucky are you that you get to build free yes *momentum* and free authority by building off of something simple that these people already actually know to be true. And so, how luck are you that you can win a seemingly contentious point easily by showing that better and worse obviously exists and then building upon it for your next thing. So, you had to build yes momentum anyway. You had to get them to pre-commit to agree with you anyway by finding that first common ground. How lucky are you that the first common ground is so easy to find?

If you want to talk about how unfair the world is, someone designed it so that two pieces of matter couldn't exist at the same space, at the same time. You mean literally there's an enforced uniqueness of one thing per location, how can that possibly be fair? That thing's location has got to be slightly better or worse than someone else's. Fucking time and space itself starts out as unfair so stop looking for fairness.

Finnish women live on average 6 years longer than men. That's 77.8 to 83.8 years. Where's the Scandinavian equality everyone is clamoring for?

The silly search for equality and other pattern finding tendencies, often you will see patterns where none exist. It can be useful and it can be harmful. The lion is not the tiger and the antelope is neither still. No one cares about those fat off years. Everyone cares about today, so let's make today kick ass. Let's work on vanity for fun. If girls can pay thousands a month to plaster over wrinkling skin, they can surely pay to have genuinely wrinkle free skin without the makeup.

The fallacy of do onto others as you would have them do on to you

We are not all the same, we should not all be treated the same. Some things that you would love, others would hate, roller coasters, gluten, etc.

When you're looking at economic policies, or policies in general really, it's a little bit stupid to want the same things for everyone else that you want of yourself. Take for instance inflation vs deflation. I prefer deflation for my currency, I want its value to go higher and higher, for everyone else, I prefer that theirs go lower and lower, because it will amplify the amount of trade and creation that those people in that economic situation create. I think that overall inflation is great because it robs the crap out of people that don't want to give their money to someone else.

Inflation works like the memory of someone else, where you lend them your lawnmower, and then you have to borrow your own lawnmower back from them. That's what inflation is, the world owes you something, because you have the money that you worked hard for, but as long as you don't claim the favor back, it erodes over time until you are owed nothing anymore, such as, you can't afford to buy anything with the money that you saved because of the inflation.

Ego is the power other people have over you. Significance is the power other people have over you.

How the "isms" and "ity's" affect real world

In an endless sea of perspectives, limited knowledge and limited time to improve, measure and compare our models of the world, it is best to choose the perspective which profits you the most. Let me give you an example; I could state two things that are obviously true, and yet contradictory. *Look before you leap, and he who hesitates is lost.* Or, *Money is the root of all evil, and he who has the money makes the rules.* Or, *The early bird catches the worm* and some euphemism about patience. Perhaps *Carpe diem* and *Don't count your chickens until they've hatched.* How about *Don't put all your eggs in one basket*, vs put all your eggs in one basket and watch it very carefully.

Beliefs

Meanings

Language

Cold reading - Silly beliefs

Horoscopes - perhaps explain that the zodiac and the concept of a horoscope dividing everyone on earth into 12 groups and then giving them some vague crap predictions about their futures is pretty stupid. Do you really think that if such predications were true, that all of mankind could be divided into 12? And why can't you ask for better details? Why isn't anyone named specifically like, XYZ dude is going to shoot up a school today.

Superstition

It's funny how superstitious we are, with chain letters, *post in this thread or you mom will die in her sleep tonight*, step on a crack break your mommas back, and those obviously false little hints surely do inspire action.

What are the odds?

Hitchens and *Dawkins* appear to be impressed by the argument that the odds are so against us existing, that it seems the game is rigged for us to exist (<https://youtu.be/P-OcOJC27iQ?t=1075>) I think this is just confirmation bias, just as any horse picker can send out 100 pieces of mail choosing a winner, then another 100, then another 100, and some poor bastard will be the recipient of four picked winners in a row. That's because the cost of picking a winner at random is about 0. That's why trustable signaling needs to be costly. Just because the universe tried something 1 zillion times in a row, and you just happen to have received the letter that was all winners in a row, doesn't mean it was built for you. Also, how special would you consider the living beings that dominated this planet for thousands of times longer than you? (dinosaurs) and how did that work out for them?

Destiny / fate / predetermination

Don't find meaning behind things where there aren't any

You can find meaning and reason behind all things, whether they are there or not

Birthday paradox

You're good at thinking stuff is destiny, but it's really just that you're bad at knowing what's actually likely and not. Don't think our destiny is just the misunderstandings you have about probability.

Belief of control & taking responsibility over ones life- (*Locus of control*)

What I say is if you believe that you don't have much control over your life, you're fucked, because if you don't have any control, you can't make anything better, and if you can't make anything better, well, your life sucks. Now what if you had a different belief? Even a belief that you had to stretch to make fit, a belief that you did control certain things in your life even if you really didn't, but you could slightly influence them and you called it control, what kind of effect would that have? I'll give you an example, let's say you didn't want to get hit by a car, what could you do? You could not be around cars and live on an island without them, or you could travel at night when there's not so many cars around, or if you're driving your own car you could paint it bright yellow or reflective, I could give you a hundred things that you could do that wouldn't actually cost that much that would greatly reduce the chance that you were ever in a car accident, and that same type of creativity and responsibility can apply anywhere in your life. You have a drinking problem? What's the problem? Alcohol is near your hand, your hand grabs it and puts it in your body, how do we get the hand further from the alcohol? You could chop your hands off, or you could go somewhere where there isn't alcohol, or you could find an empowering meaning that you felt stronger about through deep soul searching than the reason you are reaching for the drink. More people in the world need to take responsibility for what's happening to them in their own lives, now where wouldn't that apply? Responsibility is fucking massive, so if you want to live longer, then maybe watching the Discovery channel is not enough, maybe being part of what the Discovery channel is covering it better, and is that not an option? Can you not invest in one of the stocks, can you not

put 5% of your money into one of these companies who could save your life? That responsibility is a very strong part of the argument.

Tony Robbins' *limiting beliefs*, if you don't think you have any, you just found your first one.

Behaviors, Identity, Patterns

Electric cars, excellence, habits, meditation?

The risk-to-reward ratio of electric cars gets crappier and crappier for any kind of improvements in life the better you are doing, because by definition doing better in life means that you have already obtained more of the set of the good stuff, which is a finite set, whereas you have had the minimum of the bad stuff in the risk category, and therefore the farther along you go, the much easier it gets to find things in the much more under achieve sucky risk set, and the much harder to make gains in the farther success set. Let's give you some examples. Should you try psychedelic drugs to become more creative? If you already have a great mind, perhaps you lose your drive, or have a really bad trip, and you go from a nice productive guy that only wanted to create cooler and better ideas for the world through a creativity assister, a chemical, but you end up like the Unabomber instead, really intelligent and dangerous and evil. Now is that to say it's a common outcome for people that have tripped? Tripped meaning that a person has had a psychedelic experience. Well, how much do you want to risk? If you already suck, and are likely to continue to suck, perhaps you have more to gain by risky changes to brain chemistry, or risky experiences that you may enlighten the world about. It's probably not the best analogy, perhaps this one is better, if you're already dating a super model who loves you, is honest and caring, and can be a great mother, and you love, how much do you gain by trying to upgrade, and how much do you risk?

I'm pretty sure you can come up with a scenario where you would suggest to someone that they not fuck up a good thing. I think you will find that the validity of that advice increases the better the good thing is, and the more likely the fuck up is to occur, or have more tragic amplitude.

This is why I have no interest in, nor suggest what is so commonly suggested by many others in regards to sensory deprivation tanks, or gurus, or meditation, or all of the other rather artsy fartsy new age and rarely effective in isolation behaviors. If you want trance, and alteration of consciousness, I'd say the least risky way to get there is dance/chanting/singing for it occupies the mind and feels good. Some young folks like to combine those things with some pills like MDMA, and claim to have the same near soulful experiences of those on more psychedelic substances. If meditation was so bad ass, why are the Tibetan monks not crushing it on the world stage? Most inventions, best health, best science, most advanced philosophy, fastest rates of progress in economic, culinary, musical areas? No? They're rather stagnant and getting stomped by nearly everyone else that doesn't meditate? Well why would I want to adopt and or maximize what appears to be an ineffective behavior in my life? So that I may trade real world useful behavior and growth for the illusion of usefulness? Is it better to trick myself that I'm doing great things, when really I'm sitting uselessly on my ass leeching the resources and productivity out of the other people in the world that actually keep me safe, and develop the music and literature I might enjoy, and fix my

teeth when they're rotting out of my head, only to give little to nothing back in return? Perhaps except for the warning I leave that live truly can be wasted, and this is one way to do it, and enhance the likelihood that you do it until the day you die, because you've found a way to like sucking.

If you're not giving back to the world that brought you into it, and gave you roads to walk on, understandings of the world to learn and benefit from, a nice language to speak, beautiful art and music to immerse yourself in, and a body not riddled with bullet holes or under Nazi government control, you are an asshole. Many good men fought and were tortured and died, so that you could have the rather awesome quality of life that you get to enjoy today, and for you to shit on their sacrifice and quite literally throw your life in the garbage and waste it, and give little to nothing back. To what degree are you doing these people a favor by allowing their suck to go unnoticed? I don't think you help them or anyone else by speaking well of things that are sick. I think that improper tolerance or ignorance of the real effects that occur in this world because the decisions people and religions and belief systems cause to be executed is the road to damnation. Perhaps the Tibetan pacifist monks actually did do something to free the world of Nazism and genocide, I would have to say it seems unlikely they were so useful. If you're looking for people who take more than they give, and aren't doing what they should or could to make this world a better place, you really don't need to look far, the jails have tons of them behind their bars, and perhaps we are all guilty of this impropriety ourselves from time to time. Let's call the suck what it is, find it and cut it out where reasonable. Some experimentation in the areas of uselessness is actually useful, however, it should be kept to a minimum for the likelihood that useless behavior remains useless, is greater than the likelihood that a great discovery is made.

Behaviors, Robustness, Frameworks, triggers

Frameworks

Honesty

These ideas, these things, these side benefits that come from smoking, you would only discover them if you know how to ask the right questions. Now, one framework that I found useful for asking these types of questions is an incorrect framework which so far other than what I've built myself, has been the best third party framework that I've found to actually analyze a behavior, see what the side benefits that are useful are and try and replace it with another behavior that meets those same benefits at a lower cost or at a higher enjoyment level.

Let's compare two frameworks for analyzing human needs. By the way, these human needs things, one: presuppose that human beings have these needs which is up for debate. Two: they presuppose that those needs are constant and not ever changing. There's a whole other lines to the human being which is the most conscious, rather the most complicated conscious, living, thinking entity that we're aware of in the universe, to think that such a thing only has in *Maslow's Hierarchy of Needs*, seven or eight however are them are in there. Or, in Tony Robbins' contrived, human invented, not really well researched scientifically system of needs.

However, the most superior I found that I didn't create myself. Let's put Maslow's Hierarchy of Needs in regards to analyzing the side benefits of smoking, or even call them all benefits, there's no reason to call them side. We only call them side because they're benefits to people that might miss, "Oh, it feels good." Well, is there anything else it does? You know, scratching your back feels good too but it appears to be less addictive than smoking so there's obviously something else going on there.

Here's Maslow's Hierarchy of Needs versus cigarettes. Okay, are cigarettes food? No. Shelter? Nope. Self-actualization? Maybe you could stretch that one in there. Love? No. Man, not really getting a lot of useful detail out of applying Maslow's Hierarchy of Needs to the behavior of smoking.

What you'll find is you won't get much of a benefit out of applying Maslow's Hierarchy of Needs to jack shit which is a reason when you're done learning in school, you never see it again. That stuff is too remedial. If there was huge swarms of people out there who weren't able to self-actualize, weren't able to find shelter, weren't able to eat then that framework would be much more useful. However, since you as a person are lucky enough to hear this book or read this book probably already have shelter and aren't using the book to shield yourself from the rain, then you need to use the framework that's more applicable. Maslow's sucks.

So, let's look at Tony Robbins. Tony believes that there's certainty and variety; significance and connection, and those things are all paradoxical. So, if you become too significant, people remove connections. If you become too needy, then people don't think you're important, you lose significance. And the same goes for certainty and variety. If you do the same thing all the time, then it's boring because you're not getting variety. If all you ever have is adventure and craziness, then you can have post-traumatic stress because you don't have enough certainty. Then he would like to believe that growth and contribution are the two needs of spirit, and not the four previous needs of the personality or identity.

Now, it's interesting enough that he's in the business of selling growth and it would be pretty awesome if people had that as a need. Not only have that as a need but it was their most fulfilling of needs, and the more time they spent on growth and contribution, the more fulfilled they would be. Consequently, since we have finite time, the less time they spent with certainty, significance, variety and connection. So, I don't agree with his system. I think I have better. His system still kicks the shit out of Maslow's and is still very useful. Why do I mention this to you?

You will find frameworks of understanding, categorization and maximization that allow you to build categories of things and the look through that lens at something. Some of those frameworks are useful, some of them are not. If you have an infrared camera and you're in the Arctic, and everything is the same fucking temperature, it's not that useful. There's nothing to be really looking at.

If you have an infrared camera and you're in a wooded area and there are animals that are generating heat, then the infrared camera is like kickass, and that environment is a great lens looks at things through because the animals will stick out massively. I don't think an infrared camera works that well under water because I don't think that you can sense another animal's temperature through that medium. I might be wrong XX it would be interesting to see.

What you discover is just like animals can hear at different frequencies, see at different frequencies, some can see polarization, human beings can't. Some animals can see into the infrared, human beings can't. Actually with surgery you might be able to but currently and you probably wouldn't want to anyway, long story. XX check the optics on infrared. If you look out into space infrared is really useful, if you're looking at whether people have viruses and their immune systems is responding with a fever and you want to quarantine them if there's a swine flu epidemic, it's really cool to have an infrared thermometer that you can just point at someone's mouth without having physical contact with them and having to make a new non virus carrying thing that you can out in other people's mouths then infrared is awesome.

However, if you're a normal human being and not really so concerned with the temperature of everything around you, you just care about friend or foe; edible not edible, shit like that, maybe it's more useful you can't see infrared. So, what's my point?

My point is, organizing the world and looking through that lens of organization has a massive effect in your ability to act. The frames and lenses which you use to see the world directly affect the number of behaviors that are presented for you for action.

If you're a musician and any new thing that happens to you, happens through the lens of timing, amplitude and timber, then you're going to be accumulating excellence in that area which you might be able to execute in the future. If you're constantly focused on the way things sound and you're listening as hard as you can with your eyes closed, you're going to be missing out on much of the visual world. Therefore, you're likely to be a shittier artist because you're less good at color because you're more focused on audio. Perhaps this is the reason that most musicians aren't great painters. Perhaps this is the reason that most great book writers aren't great painters or great musicians.

To be a polymath and amazing at more than one thing is pretty hard to do. It really takes all of your consciousness and all of your focus on a single thing. To become amazing at it? Well. You don't get to do two things great, you only get to do one thing great. Thus, you must choose very carefully the lenses you use to see the reality, the frameworks, shortcuts, prejudices and pigeon holing of people and categorizing of people. All of those things that you use to understand the world that you live in... And it's more than understand it. If your eyes see a thing, then you start to assign meanings and beliefs about the thing. In this world, you actually don't get to control, what your eyes even see.

And so, you not only have the filter of belief and the filter of meaning, but you also have the choice as to what even gets put into that filtering system. Thus, choose the most powerful and useful, and hopefully proven to be useful for others, belief systems, values, meanings, shortcuts of categorization, shortcuts of prejudice, shortcuts of *I want to be good at these things and not these things*. Those things will make huge impacts and differences in your life, and since we don't exist in a vacuum and much of our consciousness is affected by our family, our friends and who we spend time with, when you hear things like *the amount of money you make is the average of your four best friends*, some people say ten, why is that? Because those are the people that are going to affect what you focus on, what you do and what you see as actionable behavior based on the inputs that you allow into your mind. Whatever allowed them to get the success they did is likely to rub off on you.

And so, not only are your beliefs, your values and what you focus on an influencing factor in your life, but so are the people that are nearest to you because they will trigger you in ways that...I must say, I don't agree with. If I spend time with friends that are rather free flowing with the new things, they want to tell me about and the new things they want to believe. The more hippiesh, the less specific and less scientific they are about it, their one hour of *I saw this on cable and it was interesting*, turns into 12 hours of me disproving it. An asymmetrical relationship which I guess is a little bit okay for an author, but unless you're harnessing that energy to benefit the world somewhere else, boy you can be wasting a lot of time.

You could say *Tony Robbins' "Six Human Needs"* psychology is much more useful than any other psychology I've seen for needs, but it's very wishful. For instance, certainty and variety could also be called fear and greed, because variety just means do different from what you're currently doing, which is greed, and then only do the same thing that you're doing is fear. Another thing to say is that those two definitions are so vague as to apply to all behaviors, which is basically do the same thing or do a different thing. Now there's a lot of people that don't really ever do different things, and so the needs of growth and contribution you could say are very wishful. Now, perhaps he says that growth and contribution are optional, but those other four – certainty, variety, significance, and connection – I think he refers to them as the needs of the identity. I think he also states that one of the most important needs that you have is to remain consistent with what you think your identity is, which is interesting, because I guess that would have to be called, yet again, certainty. However, it really seems like a cop-out because any complex system, particularly a human being, probably has a lot more than four inputs and weightings that it's using to measure and what it does. To tell you the truth, I mean that's what feelings and emotions are. If you were going to say that human beings had needs, which I believe is a misnomer, I don't even think we have needs. We just have behaviors.

Side benefits

Let's say you want to change your behavior. Behaviors have side benefits. There was a study done on people that said that they had cancer even though they really didn't, and they tried to figure out why someone would lie about something that is so important. What they discovered was that part of the reason someone would lie about having cancer when they didn't have it was because it was the only time that their family called; and it was the only time that they felt important; and it was the only time that they felt part of their family's lives. So, that problem, the terrible problem, they had to will into seeming to exist in the real world because it paid in real world benefits. Same with smoking, smoking pays real world benefits. It gives you an excuse to stop doing something that sucks. It gives you an excuse to go out with people and talk to them when you may otherwise feel uncomfortable by not having a common activity to perform with them. It gives you the ability to perform a ritual which makes you look cool to other people and allow you to feel cool through having this ritual and good marketing on the behalf of the tobacco companies to make it look cool so that you can be associated with the Marlboro man; a tough and rugged man who needs nothing, who's very useful and powerful and confident.

Robustness

You can't enforce optimal charitable choices amongst all the citizenry. Humans are built to be robust, and robustness requires that we all have slight differences in desires and efficacy so that we can find optimal paths, or create them where they are or can be made. If everyone felt the same way about everything, it would leave us open to more risk and less excellence. Living things have mutations to find excellence, we have experimentation, and we all have chance and luck.

If you're curious, the relationships that you should have with behaviors that make you feel different, whether that's singing songs you like or reading cool interesting facts and news or being around people that respect you and make you feel good, you should really take a look at how your body and your psychology respond to increasing dosages of those things to increasing frequency. You might find that there's a minimum effective dose. For friendship, there might be a minimum effective dose for singing. Then, as you go over that minimum effective dose, you get diminishing returns and as you go over diminishing returns, you get negative. Now your voice doesn't work anymore because you sang too loud for too long. Now your friends are bored of you because you are around them too long.

What's the point that I'm saying? In life, your body is a self-correcting, self-regulating, basically conscious actor. I mean, I'm stretching the use the word *conscious* but it has its own agenda, whether it's conscious of it or not, and it wants you to do things a certain way. When you decide that you're going to fight about an issue, like *Hey! Body I want you to have less body fat. I want you to feel high. I want you to feel connected to the world and have trails that you see and I want your heart rate to be really fast and like feel feelings of euphoria ecstasy*. When you want those things from your body, your body doesn't want

those things. Your body will respond to those chemicals that it doesn't want there by locking up the receptor that they're trying to access with other things, or by becoming tolerant, not through some type of balancing behavior of its own, but through just some other mechanism.

Maybe your body doesn't need to fight against what you're doing because some other thing fights against what you're doing anyway. Like light, if you look at bright light, if you look out your window and it's bright out there and then you look back inside, it takes time for your eyes to readjust to that other level of light. Now is that a side effect of your body trying to do a specific thing? In this case, your body is trying to help you have a better view of the world so your body's doing its best to help you. But it's the reality that's holding you back, it's the reality of the mechanical biological framework of how your eyes operate, that they just can't see that much dynamic range of seeing that brightness without having to lock your iris closed and seeing that darkness without having to open your iris up.

Even in places where your body's doing its best to help you get what you want instead of not, you have to account for the fact that a behavior is going to change over time. The response that you get is going to change over time, and there should be a minimum effective dose. There should be diminishing returns and overdoing it. If you're not aware of those three data points, then it's going to be very hard for you to have a relationship with any behavior, whether that's gambling or gaming or singing. You need to know the min, the max the normal.

What would you do if you wanted to create an Elon Musk 20 years before he was born? How would that occur? It would be very useful to have a great school for him to be able to attend. Apparently it would be very useful to have some interesting science fiction for him to read and enjoy and then later on in life, I guess, the existence of a massively profitable IPO and public company exits along with capitalism would allow such a man to execute his dreams without the assistance of the government in some cases and with a short period of assistance from the government in other cases. If I were to ask you 20 years before he was born, the best way to create him, would science fiction have made into your answer? And would venture capital have made it into your answer? Is it likely that the next Elon Musk that gets created 20 years from now, influenced by the same exact set of things or will something occur in between now and 20 years from now when said person is identified through his success to be what it is to that you wanted to create and is he the right framework? Are there other people that have arrived at excellent behavior and outcomes through separate inputs? Further still, can great outcomes be had without the hero worship and cultive personality that follows a single man or is that one man gets so much shit done actually the way progress happens in this world?

The person you wish you were

Know thyself and thy potential

There's two things that aren't fair; one is that you are too cowardly to admit how truly great any human being's potential can truly be, and that any one of us with enough dedication and drive could truly impact

millions of people's lives, both today and in the future, through creation, film book, music, the spreading of a unique idea, there's so many ways that we can affect those near us and in perpetuity into the future, and it's unfair to not be aware of that. There is another side of the coin. It's also unfair to focus on something that is so hard, nearly unobtainable for much of the world, and to feel bad if you don't obtain that. There is an art and a magic to knowing what you are capable of, and what is reasonable or even unreasonable, but worth trying to do, and still feel good failing, because you are going to fail a lot on the way there. In explanation, there is what you can and can't do, and there is what you think you can and can't do. It would be a miracle if you were completely correct in knowing what you could or couldn't do, thus we must all take calculated risks, and reach as far as our arms will let us, to see what we might grasp. We can stand on the shoulders of friends and the great men that came before us, and reach higher than we ever thought possible. Shakespeare had a nice turn of words when he said *Do not find yourself, create yourself*.

Recently Silicon Valley is about getting rich giving people what they want or could be addicted to instead of what they *should* want. Sadly, the battle to better the common man is costly, and where should the money come from to do it? Ideally, businesses could find a way to empower people for profit rather than weaken people for profit. The mindless numbing of our future generations is truly a tragedy.

When you listen to music, to some degree that's what you're doing. You are executing someone else's software for you. When you watch a movie, you are executing someone else's software for you. You hope they have positive intentions for you, you hope that they want you to have positive experiences, because we have good peer review they usually do, *warn me if this sucks and I'll avoid it shit. Oh, you watched it and it sucked? Thanks for saving my time.* But in the end, you're living someone else's life. You're living what they gave you. Maybe it's a wonderful gift, or maybe at some point, you've run out of time now. I hope you've enjoyed the ride, but no one else will get to enjoy your ride now. You had a chance to build a nice ride for the rest of the world to make the world a better place, to give back to the people that gave to you. You had that chance, and instead you just took and never gave. You ate up the music, you ate up the language you ate up the education, you ate up the recipes, you ate it all up, and then you took it with you when you died. You didn't give anything back. If you don't show people the scummy of their ways, and there is profit in them executing those ways, they will fucking run those programs. If people see profit in being pieces of shit, they will do it. It's my job to show them a better fucking way. Stop living everyone else's program for you. Build your own program. Stop absorbing everyone else's content to the exclusion and deletion of yourself. Have balance - give and take. Absorb. Build. Mix. Extend. Expand. Give back

To be, or not to be, that is the question—
Whether 'tis Nobler in the mind to suffer

The Slings and Arrows of outrageous Fortune,
Or to take Arms against a Sea of troubles,
And by opposing, end them? To die, to sleep—

From <http://en.wikipedia.org/wiki/To_be_or_not_to_be>

“Most men lead lives of quiet desperation and go to the grave with the song still in them.”

— [Henry David Thoreau](#), [Civil Disobedience and Other Essays](#)

From <<http://www.goodreads.com/quotes/8202-most-men-lead-lives-of-quiet-desperation-and-go-to>>

The mass of men lead lives of quiet desperation. What is called resignation is confirmed desperation.

[Henry David Thoreau](#)

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From

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I don't care what you are trying to do that is going to make a big impact on the world, you are going to be faced with challenges, you are going to need to have internal drive and self-reliance, or an exceptionally helpful peer group that can help you get to that level. My father, I wished that he had made a larger impact on the world, I wish he was the descendant of some type of royalty, noble upbringing or lineage, I'm not, my father is a hard-working, loving, caring, honest man who has worked hard every day of his entire life, I really mean every single day, I wouldn't want to rob him of the potential to do something even more amazing with his life, by just not thinking enough of him to even think it possible, nor do I want him to feel even the slightest bit of sadness for choosing to lead an honest hardworking life.

As you grow up, you have so much that you want. You want your freedom, you are tired of so many people having so much power over you. Due to the luck of the draw, some of you will have great parents, some not so great, and some none at all. Some of you will get great advice, some terrible, and some only silence. GREAT NEWS! You are about to get some life changing advice.

The duality of death. Some people have the courage to face death and fight for their country, perform other courageous acts, whereas some of other people, they need the courage to face life, and instead are cowards and choose death. It's an odd duality that in one case the courageous person dies and in one case the courageous person lives, and they feel this much the same with what we are

faced with now. The courage to discover the world that is inevitable, that is obvious, that will happen regardless of whether we want it to or not, where we live longer as we nearly always have. In this case, death is a courageous action, and in this case, the cowardice and the cowardly action is the one where we choose death; for in our needlessly early and needlessly painful death that comes as a result of not putting up a fight and pretending that these things aren't going to happen and that nothing can't be done about them. That pretending is cowardice.

If you think the lives of yourself and the people like yourself are worth more, do these things instead:

Being a man or a woman is a unique experience and your life and thoughts are likely to not be exactly like anyone else that has ever existed. Because of that, it would be quite silly to waste time writing a book that everyone was supposed to read the same way. Some people, perhaps you, will benefit from reading some parts of this book more than others. Perhaps the order you eat this information in improves digestion based on your unique perspective and life experience.

Do people consider you more of A. Hippie B. Entrepreneur C. Artist D. Scientist? Xx I wonder if there's a way to get these self-identifications down to a management and non-insulting number. Perhaps the two major themes are feelings vs reason. Arts is feelings and science is reason? I know there are other giant ones in here, like religious vs non-religious, rich vs poor, tit for tat vs tit for 2 tats. Political orientation, gender... So many variables! Perhaps this is why books are rarely written from a race, gender perspective? Maybe the authors just weren't flexible enough. If it is the case that this type of unique specialization in framing similar concepts is possible, which I'm fuckin sure it is, then it should be demonstrable on a small scale.

Do you believe that you should have the right to have kids? Do you believe it was a good thing that you were born? Do you believe you have the right to decide who else is allowed to have kids? Do you believe in the right for an individual to have a chance at life, perhaps even a chance at a good life?

You would be surprised at the range of opinions here. Hard questions. Is being overweight dangerous to your health? If your health is impaired, should you have the right to medical care? Is it reasonable then that those whose lives you will impact and time you will consume through being sick, have a right to impose healthy things on you because you will be screwing them over with your risk taking and or unhealthy eating? Should you have the ability to opt out of the social safety net, because you're comfortable doing unhealthy and risky things and didn't ask anyone to take care of you? Should current you be able to make that decision for future you? Who gets to be the health czar?

If health is such an important part of life, and it can be influenced with science, why don't we mandate a science production quota, or labor quota, as we do forcing kids to learn other languages? There is a line that must be drawn between what it is worth to sacrifice for, and for how much sacrifice.

Here is a gigantic one. How many lives is your life worth? Would you die for your kids, your parents, how about three random people, three schoolmates? What about two guys you barely knew? Two girls? Two kids that weren't yours?

What would you answer to this question in public, versus what you would do if no one ever knew your decision? Sounds like a game of SAW. The answers to these questions are really, really important, and there are people making exactly these answers every day, whether they realize it or not.

What research gets funding? Which countries get invaded? Is non-vaccination punishable by law, how punishable? How far does dragnet surveillance get taken?

I think I know some of the easier answers for myself. I believe my life is worth the most, perhaps that will change when I have kids, but for now, I must exist. Then my loved ones, my woman, then my kin (parents), then people I like, then people I know, then everyone else. Some people would put animals pretty high on this list as well. I wouldn't be surprised if many people put animals before people they would never meet.

Is there an objective method by which you could know which of these personal beliefs caused the best emergent outcomes for all participants in the system, perhaps a mixed belief where some had different one at different times would be best? It seems as though that is how life is designed, you go from power god to one that the leads and cares, but you can't start there, you have to go through power god first.

Do you matter?

If it is the case that one percent of the world owns 90 percent of the stuff, then it's quite likely that that one percent gets to decide what the other 90 percent does with their time, more or less. As such, if you want to make an impact in the world, then you probably need to start and finish with the one percent. Now here's an odd fact, if you didn't know it, if you make over 31k USD per a year, you are in the one percent. How fucked up is that? I find that knowing what percentage of the planet's wealth is stored in different *owners* is probably less valuable than knowing which small groups in that large group you can successfully influence. Hell, there are probably some groups in there that will actively try to fuck you up if they discover that what you are doing might cost them their money.

What kind of person would you like to be?

I think you and your loved one and your friends are worth more than people you will never meet. I'm not willing to let my family die, or myself die, because seamen somewhere else is having a bad time. Lucky for us, the rising tide usually rises all ships. These things we do to help ourselves will almost always help others, not including some exceptions to that rule like property rights. If you have the right to kick other people off a piece of land, then you having that power is nearly exclusive of anyone else having it. In that case, we really do have a battle of powers.

The illusion of importance

For many successful people, they misattribute, along with many of their peers, the importance they actually have to the company they founded, or currently manage. Whether a company is doing good things or not has much more to do with how you look compared to your peers, in that, if your peers suck, it's very easy to look like a winner. However, if your peers are ass kicking machines, then even though ideally you should be happy with your performance, the market may starve you out of existence. *Bill Burr* has a pretty funny skit on how he thought *Steve Jobs* was a douchebag, and now that he's gone, look how the company has gone to shit. In reality, it was the hard work of many, many other people that allowed those things to be created, and if he truly was integral to the company's wellbeing, should not the company be in dire straits now?

When you could read someone, you want to say a bunch of things to them that make you sound insightful, as though you are able to identify specific traits in that person, because you have a greater understanding. That then would give them credence to believe more of the things that you said. Like good liars mix in a lot of truth, the maximum amount of truth and the minimum amount of lies, because if they test you, you pass more of the test because there's more truth density. Bullshit artists do the same thing when they're bullshitting you. They tell you as many non-testable good sounding things that they can so that they can get cool points and pass through more of the bullshit, which doesn't pass tests.

What are some standardized feel good, complementary, sound smart, intellectual mumbo jumbo bullshit that you can tell people that they love to hear? Because people have found profit in believing that they are unique, special and deserve great resources, particularly more resources than people that aren't them, that may not be as great, they believe that consciousness is something that is hard to understand, hard to measure.

Confidence leads to excellence

XX increased behavioral variance and follow through volatility. Mutations that allow for variation and hence robustness are the result of lacking self-doubt. The more self-doubt that you have, the less decisive you are, the longer you remain in a non-mutated state, and thus the less variation in behavior you will have. Thus, the less like you are to become an outlier, or have legendary robustness. This is closely related to *analysis paralysis* and the opposite of *ready-fire-aim*.

Fake it 'till you make it

Cocksure and wrong

Old quotes

Mortals and Others (1931-35)[[edit](#)]

Main article: [Mortals and Others](#)

It is generally admitted that most grown-up people, however regrettably, will try to have a good time.

The fundamental cause of the trouble is that in the modern world the stupid are cocksure while the intelligent are full of doubt.

Often paraphrased as "The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts."

Cf. Russell (1951) [New Hopes for a Changing World](#), "One of the painful things about our time is that those who feel certainty are stupid, and those with any imagination and understanding are filled with doubt and indecision."

Cf. also [W. B. Yeats](#) (1919), [The Second Coming](#), "The best lack all conviction, while the worst / Are full of passionate intensity."

To understand the actual world as it is, not as we should wish it to be, is the beginning of wisdom.

From <http://en.wikiquote.org/wiki/Bertrand_Russell>

Fake it 'till you make it

Stage one confidence through ignorance

Final stage is confidence earned

Endure a little bit of suck to make it from unearned to earned competence

Don't be a scammer

It takes a lifetime to build a reputation, and only minutes to ruin it

Most great scammers could have been greater business people instead

You put yourself at odds with the most powerful tool any wealthy person has, the law.

Pay attention to what other people say about your attitude, it's easier for them to see what you're doing than it is for you, you can't even see your own face

You're too busy doing the feeling to notice that you're doing it. It's funny to watch people act like they're happy or fulfilled when you can tell they're not. It's like when your girlfriend tells you *nothing's wrong* when you ask her what's wrong. Only after you beg, plead and cry might you find out what indeed was wrong. Most people are bad actors.

Morals

Trolley problem, Morality, Decision making, Values

The *trolley problem* is going to actually be executed in cars as decision logic.

Back to the trolley problem, let's say you wanted to use brute forcing and creativity to create a realistic set of possible factors which you could or should factor into your decisions regarding the value of human life, the difference between persona action and inaction, the response of other parties in the future to the survivors of the event, getting caught or not caught, etc. You'll find that when you make it a specific goal to achieve, to expand the number of factors that you consider, and the parties to which those factors could apply. Let's give it a whirl so to speak. Parties, person to be tested, we'll call this poor bastard *the testee*.

In my analysis, as in so many other paradoxical questions, it seems as though the truly useful data is left out of the question. Why should you value all human lives at the same value, which we already know you do not? This is the reason you don't let strangers into your home, because they are worth less than family and worth less than yourself. You'll find that you're last much more likely to allow people into your home that you would like to make love to, or are friends, or you'd like to be friends, etc. Thus, it's quite obvious that you have a process by which you are used to deciding

which other people in this world are worthy of sharing what little time, space, or things you have with. Now, this thought experiment of a trolley I think is a bad example to start with, because we know much more about trains than trolleys in the western world, as they're much more common, and faster, and more dangerous, thus a much better educational tool.

The experiment goes, if a runaway trolley was rushing towards four workmen working on that track that would be unable to escape, and you could flip the switch causing the track to switch to a different track where a single worker wouldn't be able to escape, would you flip the switch? Now what if instead of being at the switch, there was a fat man on a bridge over the tracks, and you were standing near him, and you could push this fat man over the side and somehow magically this would prevent the other four people dying? What a silly idea, fat men nor cows nor cars are known to make much difference in the speed of an oncoming train whatsoever. Anyway, for the sake of this poorly designed thought experiment, let's grant them their assumptions. Would you push that fat guy?

Here is what I will tell you should go into your considerations. If the fat man's friends and family detect that you have murdered their fat man, they're going to rightly punish you, and use the state to punish you for manslaughter. You can't allow the silly people of this world to kill other people because they thought it was useful for someone else to do so. If people believed that their estimate of a greater good allowed people to be murdered, wow, you'd have a whole lot of murdered people. It turns out that no man knows the future well enough to know that those other people couldn't have escaped the train, the train wouldn't have been otherwise derailed, the people you thought you saw were actually dummies and this was a test of some part of the train and not real lives in danger, or that the impact if unavoidable would be fatal, perhaps they all might just lose a leg.

Therefore, I see this thought experiment being rather poorly formed for the following reasons: You must not act, for you operate from incomplete knowledge. You must not act, for you will personally be punished much more harshly than you will be rewarded. The four you think you saved won't pay you enough or protect you enough from the peers of the one that you killed and the state. The fat man wasn't doing something risky and stupid, he was only crossing a bridge, specifically out of the way of the train, whereas those other men earned their fates by not respecting the train tracks, as is required by law and common sense.

If you choose the one over the four, haven't you increased the chance that four more people will make a life threatening decision by making someone else pay for their risky behavior? If the reason this is a trolley moving at speed instead of something slower, is to try to limit your time to think, and get you to be more emotional and less logical, which I believe it is, it's a great thing that we have books, dreaming and education so that when these pressing, time sensitive issues arise, we have already pre-calculated good action and good outcome beforehand.

Other than learning that this is a poorly formed thought experiment, which to my best guess is supposed to estimate how you as an individual value the weight of one

anonymous person versus four anonymous people, against the idea that you will be guilty by action for saving four, but killing one, and guilty by inaction by allowing four to be killed but not killing one. I can only say that it seems quite stupid to combine someone's valuing of another's fitness in regards to "fat" or non-fat, pretty much destroys the information you would get regarding the one death through action vs the four deaths through inaction. Couldn't you just more easily ask, how much less value do you see in fat people? Should they be punished for their level of fitness? Perhaps if you didn't believe their answer, you could structure a superior thought exercise to derive their true feelings on the matter.

In the end, I see very, very little use for this poorly formed thought exercise, it's far too removed from reality. Really, for any reasonable thinker, the fat man should never be pushed. You will be guilty of manslaughter, and fat men don't stop trains, or even slow them to any useful degree.

In regards to the one versus four, you don't have the data you'd need to make a good decision, you don't know they couldn't escape, so you will yell and holler, but you won't perform an action that will once again lead to your personal annihilation by the state for manslaughter. The law and society you live in has a much harsher penalty for causing harm through action personally, than it does through watching as harm occurs, but being too much in shock to act. You'll do much less time in prison by non-action.

Now, is it fair to care more about your time in prison, perhaps alive but incarcerated, than it is for you to care about those lives? Well yes, I must say that it is, "We hold these truths to be sacred & undeniable; that all men are created equal & independent, that from that equal creation they derive rights inherent & inalienable, among which are the preservation of life, & liberty, & the pursuit of happiness; - Declaration of Independence

From <[https://en.wikipedia.org/wiki/Life, Liberty and the pursuit of Happiness](https://en.wikipedia.org/wiki/Life,_Liberty_and_the_pursuit_of_Happiness)>

If you believe the above line to be true, then you should value your own life as at least equal. You aren't risking your life on the tracks as they are, and you will be harshly punished for acting. Anyway, poorly designed experiment with some interesting discovery that the state has already decided the matter for you, and people must pay personally for the risks they take. Friends and family of deceased will harm you more than friends and family of survivors, for vengeance has larger amplitude than favor. Those that will harm you are more dangerous than those that will help you are useful. The harm hurts more than the help feels good.

I would say that fixing the question, and looking at the system are two important steps that seem to be left out of all the common teaching of logical thought. It seems like what's most common is to be more logically effective and tactical about the wrong questions, and not mindful of the system as a whole. Do not trust the question, do not trust the data, know your desired outcome in positive terms, know the system. This is how you get superior answers to those that came before you, because logic on its own will not tell you to do these things at all. Logic is like a physical calculator; it

only knows what you key into it. Your hammer won't ask you to use a different kind of nail, nor tell you where to hammer it.

If you want people to do something that isn't done often done, it's really helpful to give a name to that think you want them to do, and if you can define the term, then it becomes a memory anchor in their mind, greatly enhancing the presence and identification and spread of the behavior in the wild. I think words need to exist to quickly describe the specific pre-work that needs to be done before using the hammer of logic. I also want a word for the specific action of knowing which tool to use for a thing. Very specifically not requiring you need to know how to use it, but that it exists and this is where it should be used.

Tool sense or tool awareness. Every other important domain of knowledge has a title. The concept that problem solving as a domain or tool use as a domain doesn't have a title is stupid. Thus, know which tool is right for the job in your domain, shall be called tool sense. Even if you don't know how to use the tool, you know it exists, what it's good for, why it should it be used here, and therefore can find someone to use it. I should coin a term for the meta layer of knowing when to use a tool, what is the lawyer before the tool? What would I search for to discover if such a word may already exist, and even if it does, I guess that if it were good, it would be known, therefore likely not good and therefore likely needing made new. What should I call this scope expansion step? System/brute forcing (finding max qty of) parties and variables in the system/brute forcing (finding max qty of) states or actions of the parties.

Then creating the table of all possible outcomes combining all the measure outcomes when all parties have all the states and all the actions they can perform in different orders and combinations and locations, etc., to create a giant hard to understand mass of outcomes from which you may filter those that are most desired. Creating that table is how you beat lots of puzzles and logic questions and don't miss non obvious answers because you can't miss an answer, because you have the largest possible set to choose from.

Imagine you wanted to create a beautiful sculpture from a block of marble, if you start out with a small block, you get only a small sculpture where the detail is hard to see, and you don't have the space you need to execute your vision. If you choose a larger block of marble, you will end up with the fine details that people will enjoy with their naked eyes in person. If you start with a mountain, you may get mount Rushmore. The point is, the smaller and less stuff you have to work with to create an idea, the less resistant to the elements, and impressive your sculpture will be. Expanding your set of variables and possibilities and externalities accounted for in the work you do to find all the answers and outcomes possible to a situation is your block of marble.

Similarly, while you will have a more lasting and impactful creation, just like a large sculpture, it will take you longer to create. Good, fast, cheap, you can have any two of the three. In statistics they call this the probability space

Logic is a tool, and knowing when, where, and with what inputs towards what end is outside its ability.

Fuck their question. Make a better question.

If your first inclination upon hearing this trolley problem isn't to attempt to ascertain more relevant data about the parties involved, than you will be more unaware of the factors that you should be including in your analysis, for instance, if you believe that people should take responsibility for their own actions, and those people on the tracks chose to stand in that dangerous place.

So the point is that, you know you do believe in responsibility, and you know this would be a place where that belief should be used, however you never notice that responsibility is part of the equation, because you're so focused on the restrictions of the problem, and your role in it, that you never get to thinking about what these people deserve outside the system of you and the train and your decisions, but what they have earned in the system that isn't mentioned, which is the system of "deserving" and responsibility.

Thus due to the very, very wide range of things that can and are push and pull, give and take, earn and not earn, fair and not fair in this world, I believe it's entirely required that you take a moment to be mindful of all the surrounding, related, touching things that are tangential to what you're thinking about, without actually being the thing you're thinking about. This idea of mindfulness and holistic thought and being at least 1 extra level higher up and looking down on a wider problem where the original parts become smaller parts of a larger functioning system is how you make breakthroughs and discoveries that everyone else misses. Elon Musk calls this thinking from first principles.

I believe Sherlock Holmes likely called it "It's elementary my dear Watson, anyway, the summary is, if you ignore all the other parts that touch and influence and are near a thing, you'll rarely make a better decision about the thing. That's the kind of limiting logic that sees you remove one dictator and see 2 worse ones replace him, or you stop doing one bad habit, and instead do another bad habit, which might have even been worse than the first. Nature abhors a vacuum. Oddly enough think why this specific phrase might exist "power vacuum." If you see the whole system from 1 level higher, you learn the superior strategy of fulfilling the needs of the world under pressure, but choosing the thing that will fill the vacuum strategically, before you tacitly create the vacuum and think your job's complete, only to have to come back to the issue once you've admitted your first attempt at fixing it was actually a failure, and hopefully this time doing the thing that is strategically correct and choosing the thing you want, not just excising the thing you know you don't want.

In all matters where time to think exists, see the system around the thing, choose what you want, be strategic not merely tactical, and you can solve a problem the first time.

Yes, so this is very important, when tony doesn't completely agree with you off the bat, and has doubts, you need to know about that shit, because you didn't do a good enough job, and you need to test that on other people to see their reactions the same! Let's handle the objections before they occur outside the book!

Need to speak to how you know when you're not going to grow any bigger and you need to move on to the next thing probably need to handle the issue regarding people that are already successful and wealthy not needing to downgrade into retail. Well, I suggest you use your newfound wealth to play in the biotech space, you might save your own life.

Sensitivity

Empathy

Empathy is often the privilege of the powerless. "Patience is a minor form of despair disguised as a virtue." - Ambrose Bierce. The rage you feel when things aren't doing what you want them to do is useful for humans, and animals, it's not useful for machines, not at all. And it hurts you.

Your Internal Environment

Pain and pleasure programming

Ever wonder why your balls are barely there, until you hit them, and then the world has changed for the worse. It's because if your balls get taken out, you're out of the gene pool. So the amount of pain we feel is often related to how useful a thing is for our procreation, more than our survival. It's the survival of our unborn.

Fighting

168. I actually really want to put that in environment. And the reason that I want to put internal environment, by the way, this I got from my martial arts instructor. It's funny that I do remember the origin of a lot of the ideas that I've gotten. Maybe it's because I've got so few from some places, so they're really unique when I get them. So I went to the Warrior and Scholar Kenpo Karate School, and you know they would say some cool and smart shit like you know, "The dragon needs to, the tiger needs to constantly prove itself, so it's always fighting and testing itself. But the dragon already knows that it would have won, so it doesn't need to fight." That was a cool saying. There's shit that you can take away from that, it's quiet useful. You can avoid a lot of conflict by assuming the win and you know, whenever there's conflict, even when you win, your fucking hands are going to hurt, a lot and your clothes are going to get fucked up, might be some police, might be some lawyers' fees. The fights you win, you don't really win. You still lose. You win more of the fight that you win, you lose less the fight you win, but you still lose. And if you don't believe that, get in ten fights in a row and then see how you feel. Believe me, you'll feel fucked up because you'll be fucked up. Or you're in one of those experiments with you rather fight forty horse sized ducks, or one duck sized horse. Or the other way around. So

Patience

Patience is a minor form of despair disguised as a virtue is from and often said by one eyed Don.

More at: https://en.wikiquote.org/wiki/Ambrose_Bierce

Tit for tat, good for people, bad for machines

The rage you feel when things aren't doing what you want them to do is useful for humans, and animals, it's not useful for machines, not at all. And it hurts you.

Let's say that you default and execute a good tit for tat strategy, and someone makes you wait, or doesn't do what they said they would do, now you feel that you have to punish that behavior. Yep, here's the shitty part. You start executing the punishment, and having a shitty personal state yourself long before that fucker is ever there to notice at all. And thus you have destroyed your own state of mind, and your own well-being, in order to execute a useful tit for tat revenge strategy, and in the end all you have done is fuck yourself over.

Let's say the person you are interacting with is a real piece of shit, the kind of piece of shit that shuts down the moment you try to show them the error of their ways, now in the end all you have done is fuck your emotions and your quality of life over, for a piece of shit that tit for tat doesn't even fucking work on, because as already stated, they are a piece of shit, they feel no remorse, they have no empathy, and they're not interested enough in being excellent to give a shit about your relationship, so they'll just fail out as soon as you raise your expectations and move on to their next victim.

The low hanging fruit is to learn to not treat machines like people, for they truly genuinely don't give a single fuck about your rage, and will not modify their behavior to avoid it. They are not conscious actors, and thank goodness, because if they were judgmental, imagine how they'd treat you based on your internet search history.

Soul

Soul in and only in the brain

How can damage to the brain be consistent in its effect by location of injury, yet in death, if you kill it all, somehow, you're cool, and you just transport to an afterlife?

After sleep, like an afterlife

You're obviously too important to not be alive and active and conscious when you're sleeping, so every night when you go to sleep, there's another you that appears in heaven, and every time you does off, another copy of you gets issued. Just as there's no afterworld for your sleeping self, there is no afterworld for your dead self. There is only one you, and it's here, or nowhere.

Soul shit

If everything that makes you what you think you are, your behaviors, your feelings, your thoughts, your abilities, can be edited by Transcranial Magnetic Stimulation, or lobotomy, how likely is it that you will survive the complete destruction of your brain. It's funny that we think that we have bodies, when in reality, we are bodies. I learned a lot about true nature of the soul and personality when my mother got schizophrenia

Your soul

Is the likelihood that you perform a certain set of behaviors. If what you are likely to do changes, your identity, and thus your very soul changes. For what is a man except his thoughts and actions? Your identity and "soul" is nothing

more than the likelihood that you think and do certain things in the present and future.

Well that's interesting, what about the permanence? What about that everlasting, undying "thing" which isn't "meat" and isn't "your mind, or body" that other third thing? Well, that you see, is a fancy fantasy that makes you feel special, and allows you to do better in the world. Those people that think they don't have a soul, they have a harder time of it. It can be harder for them to find happiness, and harder for them to find meaning, because there's this gap in understanding.

Pride

The staircase, the ratchet, you

Winning can feel like losing

The curse of winning an auction

https://en.wikipedia.org/wiki/Winner%27s_curse

You won, yay! But now no one will pay more than you did, because they would have, when you won. So you basically just made sure that in the short term, barring an auction house that has bad marketing for bidders, you're fucked. Due to the ratcheting effect, the constant pressure of us to get bored, and want more, this means that you've gotten your raise, you can't get another raise, because you've maxed them out, so by winning, you feel loss.

Power of Groups

Xx (replace religions with groups, let them make the analogy on their own)

Religion as a costly signal[\[edit\]](#)

Further information: [Evolutionary psychology of religion](#)



Religious rituals such as [snake handling](#) may be explainable as costly signals.

Costly religious rituals such as male [circumcision](#), food and water deprivation, and [snake handling](#) look paradoxical in evolutionary terms. Devout religious beliefs wherein such traditions are practiced therefore appear maladaptive.^[80] Religion may have arisen to increase and maintain intragroup cooperation.^[81] Cooperation leads to altruistic behavior,^[82] and costly signaling could explain this.^[19] All religions may involve costly and elaborate rituals,

performed publicly, to demonstrate loyalty to the religious group.^[83] In this way, group members increase their allegiance to the group by signaling their investment in group interests. However, as group size increases among humans, the threat of free riders grows.^[52] Costly signaling theory accounts for this by proposing that these religious rituals are costly enough to deter free riders.^[84]

Irons proposed that costly signaling theory could explain costly religious behavior. He argued that hard-to-fake religious displays enhanced trust and solidarity in a community, producing emotional and economic benefits. He showed that display signals among the [Yomut Turkmen](#) of northern [Iran](#) helped to secure trade agreements. These "ostentatious" displays signaled commitment to Islam to strangers and group members.^[85] Sosis demonstrated that people in religious communities are four times more likely to live longer than their secular counterparts,^{[53][82]} and that these longer lifespans were positively correlated with the number of costly requirements demanded from religious community members.^[86] However, confounding variables may not have been excluded.^[87] Iannaccone studied the effects of costly signals on religious communities. In a self-reported survey, as the strictness of a church increased, the attendance and contributions to that church increased proportionally. In effect, people were more willing to participate in a church that has more stringent demands on its members.^[88]

Despite the experimental support for this hypothesis, it remains controversial. A common critique is that devoutness is easy to fake, such as simply by attending a religious service.^[89] However, the hypothesis predicts that people are more likely to join and contribute to a religious group when its rituals are costly.^[88] Another critique specifically asks: why religion? There is no evolutionary advantage to evolving religion over other signals of commitment such as nationality, as Irons admits.^[82] However, the reinforcement of religious rites as well as the intrinsic reward and punishment system found in religion makes it an ideal candidate for increasing intragroup cooperation. Finally, there is insufficient evidence for increase in fitness as a result of religious cooperation.^[82] However, Sosis argues for benefits from religion itself, such as increased longevity, improved health, assistance during crises, and greater psychological well being.^[9]

From <https://en.wikipedia.org/wiki/Signalling_theory>

Possible quote

"[I]n many ways nonsense is a more effective organizing tool than the truth. Anyone can believe in the truth. To believe in nonsense is an

unforgeable demonstration of loyalty. It serves as a political uniform. And if you have a uniform, you have an army.” — Mencius Moldbug xx

Appreciation

We live in magical times

Imagine a time in the not so distant past where there was no GPS navigation, no cell phones, no beepers, no internet, hell, lets imagine no television or radio even. When you went to a place, that place was all you saw. There was no easy window to other realities. It was you, your surrounds and your imagination. Maybe you had the stories told by those around you, maybe you had your imagination. That's it. What a magical and different world we have today. The ability to fly to a faraway land for the price of a night in a hotel. We truly live in magical times.

The Analogy for Sucking it up for the time being Before you do the fun Stuff

218. Nearly all of the great comedians and productive people that you find in the world that weren't born with silver spoons in their mouths, and even some that were, like the Dreyfus off of Seinfeld, had crappy jobs that were dead end, meaningless, dock worker, crappy, retail, you're not going anywhere cool jobs. And they fought and saved and studied their way into greatness, which means that you will need to fight and study your way into greatness by saving and building an intellect that has the traits that other people care about and are willing to pay for it. Now, an easy way to analogize that is that as human beings, we all have to, uh, you know, suck somebody's tit before we're old enough to chew. And nobody likes it, and nobody brags about it later in life, but at some point, we were all sucking on mommy or dying. (This goes here because its related to the above recording- Tony)

Programmed for laziness & Internal Conflict/Lobbying

383. So, we're talking about personal development and lobbying for what you want in the world and then internal lobbying you do with yourself by creating things that you'll actually do instead of the imaginary, "These are all the things that I would do if I had the balls to actually do everything that I said." You could call it infinite discipline perhaps. Would require infinite time but maybe you're not that creative maybe everything you'd ever want to do personally doesn't take that much time because you have a small standard for what must exist in your life.

So, there's a set of things that you would tell yourself to do if you had infinite willpower to do everything, right? Do a set of max bench, fuck it. You know what, we'll just do a set of max on every muscle every other day and then we'll split it and maybe split it in three push- and pull-ups whatever. And, we'll only eat food that's flavorless but has maximum health benefits; omega 3s, proteins and very little refined sugars, very little refined anything. Then we'll get the proper perfect dose of vitamin D. We'll get on down the list, all the perfect things. I'll call my mom this many times a year. I'll fucking volunteer this many times a year, etc., etc. At some point you discover you're not doing most of this shit, right? Why? Because laziness exists. You're programmed for laziness. Laziness is paid off, great dividends and using less calories for hundreds of thousands of years and so you're going to do fucking laziness, right? So, what do we do? We start knocking things off that set that you want to do but you know you're not actually going to do.

Then, you get to level three which is, which of the things can you keep doing? So, you went to the gym twice and then you stopped, who gives a fuck? Oh, you went and

learned 10 new words of a new language and then you stopped, no one gives a shit. No one cares. And then, there are things that are even worse; there are things you can learn a little bit and you think that you actually know what you're talking about but you fucking don't maybe it's drug use, maybe it's a firearms without enough safety, maybe its driving like a race car driver, you think you're good at it but now you're dead wrapped and around a pole or you're worse someone else's family.

So, what am I telling you? I'm telling you that there's an internal conflict inside yourself which is: the set of shit you would do ideally; the set of shit you'll actually do; then the smaller sub set of shit that you'll actually do over a long enough period of time to get the benefits you want; and then we got another smaller set called shit you convinced other people to do and then that set gets run through the same shit that yours just did because all you did was add to their big list and then it gets to their smaller list and then it gets to their smaller list. And so, the actual amount of shit you can convince people to do for a long enough period of time in their own fucking life to improve their life is super small and probably an order of magnitude smaller than what you can do for yourself. So, if you broke your dick and broke your fucking brain to get something into your own psychology and program it and do it long enough for it to become a habit and get it to stay.

The hard life of doing the right thing

It's pretty emotionally shocking when your good reasoning keeps making you need to be a hard-ass and not do things you enjoy. It's a good thing we learn to love what we're good at, and the respect that comes with it.

Cooperating with yourself to get shit done is the smallest version of collectivism

40. Collectivism works great and the smallest unit of collectivism isn't a pair of people working together like friends, it's actually getting yourself to do work that you should do. Because this internal struggle between what you should do what you can do and what you actually do is a form of cooperation internal to yourself, so there should be a special .5 half a human extra unit of cooperation that can occur internally.

Standards

Belonging

"Not every place you fit in is where you belong":

<http://images.memes.com/meme/887173>

Settling

If you settle for the stuff that is just ok, you don't leave room for the really good stuff.

Low expectations are the father of regret

Barely existing - Spirit

I think most people live in a gray middle of little shame and little honor, and little based. That's why "based" is now a compliment, a world of people barely hear.

Desire

Dream high

Even the best of us could be doing better

Tony Robbins is the most successful success coach in the world

He could be creating copies of himself

He could have a curriculum in schools

He could be giving away his seminars for free instead of giving away food for free

He could be having a lasting and meaning impact on the world in the same scale that capitalism, Marxism, communism, religion, libertarianism, republicanism, socialism, being a democrat, etc. However, he is not.

Why doesn't he have much YouTube following, why doesn't he have a podcast, why doesn't he have a radio show, why doesn't he have better quotes, why hasn't his material improved in 15 years?

Well, I would be guessing, but

Maybe

He doesn't want to

Risk the money?

He's run out of steam

He was a better organizer and presenter of others ideas but ran out of steam when he stopped absorbing from others.

His height has left him starved for oxygen over time, and its affected his creative, homeboy is tall as fuck, 6 foot 7.

Sex, money, power or perhaps happiness?

If you interview old people or middle-aged people about what advice they have for you when you're younger, the number of older men that will tell you to have as much sex as you can with as many young girls as you can is fucking high, really high, which makes you wonder what really is important in life.

R876

Careers giving people what they desire is horrible

Imagine the only thing in this world is you, and your house. You could either paint your house today, or you could build a chair. If you choose to paint your house, it will end up painted. If you choose to build a chair, you will end up with a chair. That's it folks, that's the entire magic of careers. You will cause in the world what you choose to cause. This is where we are with most of the young smart folks of the world working on the next best rate my sandwich app. People work for money, money is exchanged for what people want, and what people want usually is retarded. Thus, what people do with their time is also retarded, as an effect of the first cause of humans having really stupid desires.

If you are giving people what they want, you're very likely to be harming them, because what people want is quite often not what they should want.

Create Yourself

You can't be a great leader unless you learn to lead yourself first

Men are somewhat instinctive in noticing weak people. They don't like following weak people for the most part. A weak leader likely is no leader at all.

The best

"The best lack all conviction while the worst are full of passionate intensity" - Yates

Get addicted to winning

Winning is a journey, not a destination

You ever wonder why some people do easily what you might find so hard to do? How did they get there? Was it an accident of chance? Did they perform some rite of passage that gave them live long access, seemingly effortlessly, to that which you have been unable to find your way to? How can some people be so productive, and so happy and so loved by many? I will tell you, it's not magic. If you look into the histories of most of the most respected and influential people through history and today, you will find a common theme.

Think about the hours they put in. How many hours did they spend, unrewarded, made fun of, broke, living in a van?

Feel the win now

Feel the future, get some easy wins. Like speed wins.

One trick you can use to shift the reward of what you are doing close enough to the present for you to enjoy doing it, and feel rewarded working on it, is to see how fast you can do it. And if it's something repetitive, you can see if you can beat your old time. This likely will restrict your creativity. This can be a good thing if what you are doing is repetitive enough, and let's be serious, much of what we need to do in life, we're putting 0 minutes into.

Feel the future. If you're doing something great that leads in a great direction, dream a little in that direction. Take some of that future joy and bring it back into the present with yourself. Knowing the true value and joy at the end of the path will make you want to travel truer and faster down that path.

The first minute of progress is the most important, for it is the minute that makes all the minutes that come after it possible. An object in motion tends to stay in motion. Get that first minute! Eat the frog!

So any minutes of nearly any quality will be more likely to get you into hobbying and then enjoying, and then having as a habit what you need to be doing.

Feel the future

If you're doing something great that leads in a great direction, dream a little in that direction, take some of that future joy and bring it back into the present with yourself. Knowing the true value and joy at the end of the path will make you want to travel truer and faster down that path.

Freedom to fuck up

More success more freedom. Easier to fuck up. You have no boss. And your old state that allowed success is not similar to the new successful state. You might start to believe your own bullshit.

Permission to fuck up

A life of success is a life of failure. The more opportunities to do good you have and try and experiment the more you will fuck up. If you don't want to fuck up kill yourself you'll never fuck up again. A life of success is a life of failure. The more opportunities to do good you have and try and experiment the more you will fuck up. If you don't want to fuck up kill yourself. You'll never fuck up again.

R717

Don't make problems, you don't need

I got this from an interview with, Quentin Tarantino, and he said he got it from Harvey Keitel (was an interview with Ridley Scott, and Quentin and lots of other amazing directors on The Hollywood insider) Like a good director, don't ruin someone's performance acting out a part for you that they have had to think about and work on, see what they have to show you, and redirect them as you wish. I feel the same way about directing people's decisions in regards to their choice of career and education. It's great to see where they are at, and try to figure out their motivation and needs that they are trying to meet with their decision. I think that you'll find you agree with several bad ass paths, and that arriving to agreement on their choosing of one of those several paths would be great, regardless of the specific need or reason that gets them to choose that good behavior. Look at it like this, if you talk with someone, and find that together you discover that they should have healthy eating as part of their life, they could internally have lots of different ways they supported that decision, for some it may be guilt, others greed, others vanity, others a search for balance, some want to be stronger, some want to feel better.

Offer them paths that meet their needs, and you feel are awesome. You don't have to have the same reason why you think it's awesome, it only matters that they do the thing, they don't have to have the same ends only the same means.

You should choose your own name, and you should have your own logo, and you should have your own slogan, and you should have your own unique benefit statement, if not multiple statements that are relevant to the multiple parties to which your value is differently measured. It's very like that the things your lovers care about are quite different from the things that your employers or employees or customers will care about, unless perhaps you're quite promiscuous and in the sex for hire business, perhaps then a more common statement would fit in all those places. For the non sex-workers among us, we're very likely to need a few to do the job optimally.

Why would I suggest that you do these rare, and rather crazy things? Well, for the same reason that I would suggest to any business that they do the same. In a world of limited resources, even the consideration and respect of others is a scarce resource, and if you to leave the least to chance, and ensure your success in the time you have here, you might as well do all the things that work. Led Zeppelin and Prince had logos that represented them.

Businesses will spend millions upon millions of dollars changing a well-known name they've had for years in the very often belief that a more unique name will get them higher in the consciousness of their customers and users and therefore is worth the short term cost of changing to use a different a better name. Musicians and actors also often take advantage of the ability to choose not only ones clothing but name to be more exotic and unique, and whereas you have probably not heard of Thomas Mapother, you have heard of Tom Cruise, they're the same person. Ringo star, Cher, Prince, Jamie Foxx, and so on, many people have taken advantage of choosing what their own name should be to meet their own desires in life, instead of using the rather

optimized for someone else's goals name that you were assigned before you were old enough to have any say in it. I would say that last names are even worse because its more common to have a good and common first name and a foreign sounding, unpronounceable, or crappy last name. It's hard for someone to ruin a first name for you, and pretty easy to ruin a last name. You won't find many Hitlers but you can still find quite many Adolphs. So if you have the courage to optimize your first name, do find the courage to optimize your last as well.

Now you may have come into the good fortune that your last name is associated with greatness, perhaps you are a Von- something or another, or you are a Kennedy, or a Bush, etc., if so, lucky you. Most of us are not. You have to know when a friend is telling you they think you have some kind of mental problem, particularly the amen mental problem they have tried to convince themselves that they have, because they might not be trying to harm you, they might only be trying to get you the same profit that they found in the believe of the strange mental trait, for instance, some people want to think they are psychos, but they actually aren't, but they like the idea, and they want you to be as they are and profit in the fucked up belief as they think they do. So sometimes hurtful words in their mind are supposed to be helpful.

If your friend loves crack, and it's the best feeling he's ever felt, he may truly desperately want to have that feeling with you, and the only way he knows, is if you too smoke crack, and he'll show you how. Just because their intention is positive, it doesn't mean that it's a good idea to do what they want you to do, nor that it's a good idea forgot hem to be doing it themselves. Crack, and thinking you have problems you don't are both bad, even if they might feel good in the short run.

Summary, don't make problems, you don't need.

Don't believe your own bullshit - Spirit

Don't believe your own bullshit, if you did something great, and you hope to do something great again, but this time you're not doing got do the thing the same way, this time you believe your own hype, and don't use the same tools and reference to excellence that you'd hit the first time, yes you'll have more of you in the project, and yes you are likely to make a shit thing, because what makes something great, is rarely the product of a single persons new ideas, and commonly the product of a single persons mixing and melding, and building the on the greatest ideas they know, and by definition those greatest ideas are not their own. If everything you are doing is new, is probably bad. Or you don't know that it's not actually new, and you wrongly believe yourself to be the source. You must have objective reasons why something is measurably good or better, outside your own opinion. Your own opinion rarely discovers anything new, and often makes only judgments upon others creation. Creation is harder than absorption and rating. It's much easier to watch a film than to create a film.

If people call you arrogant, and they only ever hear the goods thing you say about yourself how could they feel any different, if they weren't there when you were shit-talking yourself, they have a poor sample size to estimate whether you have a health opinion of yourself that mirrors reality.

If you are good at something and don't reward yourself by being accurate regarding your greatness at the thing, you aren't really helping yourself, you're just helping the shit-talkers of the world that wish you harm, and wish they were better than you. Now that is to say, you need to be accurate, and hopefully are referencing objecting measurement that is non biased, to qualify yourself for bragging, or pride. Many the stupid man claims greatness with only his super biased opinion for evidence.

Be prideful where it is deserved and be humble where it is where appropriate. Don't mistake the pain losers feel when you remind them through your very existence that they're not achieving what they could in their lives, and they choose to tear you down, instead of buildup themselves.

If you were born into this world, lucky enough to be male, and strong, and able to protect those around you, and instead you identify others weaknesses such as the weakness of women, children, or animals, as something to be punished instead of something to be protected, an opportunity to fulfil your birthright as a strong person, a powerful person, you are probably a piece of shit. Fuck you.

Don't become significant by trying to create or have or identify with problems, you don't actually need to have. Find a better way.

Vicarious living through getting your friends laid, and girls that are in a relationship will try to hook you up with other girls because it makes them feel like they had sex with you, even though they could ding.

Know the difference between when someone wants to take a photo of you and hey, don't want to actually get to know you, they just want the photo, it's like the Ferrari Lambo difference between interest in you and the car, and just interest in the car.

If you took their advice and liked yourself less, what good would it do the world? You'd produce less, you'd take less risk, and you might only hurt them less by reminding them how they suck, during the few moments you with the player hating faggots. You re should optimize for the environment you are more commonly in and pays better dividends. Haters gonna hate.

Don't' mistake novelty or interest in what is on you, for interest in what is you, or inside you.

People rarely change for the better, and seem to easily change for the worse.

rtings.com is an amazing as fuck website, timing on avg. response to question posted is literally declared and based on questions in queue. Photos resize upon resizing website, fucking menu navigation is amazing. Great ass website.

Optimalist

What is the difference between a pragmatist and a utilitarian and can I replace that shit with Scivive as an adjective? Perhaps optimalist?

More at:

<https://www.youtube.com/watch?v=1zpL81rcsSY>

<http://www.escapingthe9to5.com/optimalism/optimalism/>

Purpose

You get what you do.

When more people farmed for food, I'd say you reap what you sow. Which means that the seeds you plant grow into the plants they're supposed to.

The World

Evolutionary Psychology

SC1.80 Our design

So someone's got to break that fucking mold. Someone's got to say, "Yeah. What are you going to do with your life?" "I'm going to be a rapper." Be a fucking rapper, maybe baller, go play in the NBA. Go to bang chicks all day long. It's going to be amazing. Well, it's not great that the young people of the world only have that as a role model, and nothing else. That's it. That's your fucking - who else could you have as a role model? A politician? Get fucked. Who? Right. Yeah. Exactly. And that's new. Right. Exactly. And why? Because we are designed to be powerful, important, sexually wanted. That is what we - if you don't care about those things, you don't have kids in the game anymore. Right?

Evolutionary Biology

SC1.3- Pair bonding and our old hardware

In addition, we are dying because our hardware is bad. Our relationships and pair bonding relationships, when we have only one partner, are being destroyed. Though now we have contraception and DNA tests, the same risks that used to happen because someone "cheated on you" have remained; as for your offspring, it turns out that your genes have nothing to do with your next generation because you got tricked into thinking that you already got a kid, but you did not, as your woman had had someone else's kid. So you got duped and eliminated from the recorded history unless you started cheating too. That's funny, isn't it?

Supernormal Stimuli

SC1.7- Scivival & Supernormal Stimuli-

So I have thought what might be a good name or good belief in science, which will save our own asses, our species' ass, your beloved ones and your offspring's asses. How could that be called? I have thought it should include that component of survival, but survivalists spoil everything. They are programmed for doing wrong. They collect bullets and guns, but they vanish once the shit hits fun. It's fun to do this, it's enjoyable, and that's why zombie apocalyptic movies are so popular. Furthermore guys love all these apocalypse movies because then they and their personalities actually matter, their life fucking matters, but their daily life is nothing. Who gives a fuck for what you are doing? Oh, you have checked your Facebook, congrats! Oh, you have played a game and got some new achievements; get my pat on your back. These are our super normal stimuli as they are called now; it is they that lock us in this horrible reality.

SC1.79 We Are adapted for scarcity

So if you have that belief in **anti-scarcity** - which by the way is the opposite belief that people have. Human beings are trained, just like road rage, just like pair bonding, hating people, cheating, caring so much about significance, running when you trip. **All that shit that's built into us were built to care about scarcity**. So we collect things and we like to collect things that nobody else has, right? And so we find it hard to understand the way the world really works with **abundance instead of scarcity, exponential growth instead of linear**. These are things that are very hard for us to understand.

Progressively less well adapted

49. You're going to get progressively more and more mal adapted for the world that you live in because the rate at which society and technology are changing is vastly exceeding the rate at which we are adapting genetically.

SC1.1- Tribal Psychology

Human beings have evolved to the maximum for the world that no longer exists; everything we feel today worked very well when we were travelling around in groups of 50. When someone cuts you off on the road or someone steps on your foot and screws up your shoes, you get very angry. Do you know there were gangland shootings in the 1990s? At least have you heard of these types of things? Perhaps, the knockout game when you see if you can randomly knock people out as they go about their daily lives, it was a disgusting thing that passed through the United States. Acts of barbarism such as those ones are well founded in the **tribal psychology**, and they serve its purpose.

SC1.40- Need for Social Importance & Approach Anxiety

So here's what happens in every conversation. In every conversation, the participants want to look important. It matters. If you travel around a group of 50 people and **you're not important**, and there's limited food, well, you might not eat. Sorry. There is not that much food, and we don't like you that much. So you're going to eat last, or not at all. Or maybe we'll just kill you because you look stupid. That was the order of things. That's why **when you trip, you act like you are actually about to start jogging**. Because **you don't want to look weak, because you'll fucking die**. That's why **approach anxiety** exists. You don't want to walk up to a random girl and say some shit. Because if that random girl just happens to be related to or hooking up with tribal leader or friend of tribal leader, you'll get rocked in the head with a real rock, and killed in your sleep. And like, the fucking world a couple thousand years ago, it's a pretty rough place, man.

What you feel is largely what helped us survive

All of the things which we feel are beautiful, for the most part, are there because they helped us survive. turns out that in the old days, survival was really, really, hard. so now we love to look at the ocean, and feel the breeze. which is pretty great, because fish live in the ocean, and they're tasty, and people from faraway lands that we want to trade with, they often land from the water. so living near water, it's great, because it provides us food.

The source of Morals

lots of things that can help us understand and succeed in life can be learned from the animal kingdom. Retards like to say that we get morality from religion, which is pretty funny. Let's see, are animals moral, yep, yep they are. do they work in teams and follow social norms, yep yes they do. well, was there morality before religion/ yep,

sure was. such an insanely stupid idea. how about people that have become non-religious from a position where they once were, did they increase in criminality? So stupid. People actually believe this shit, shit that doesn't even stand to 2 minutes of thought, or even common sense. is a baby moral that hasn't been brainwashed yet/

Things that have Intermittent reward can addict you

348.If it's true that the quality of your life is the average of the quality of emotion you have and some things are wildly addicting particularly things that have intermittent reward like gambling, like sports, competition and like going to bars and trying to be intimate with people of the other sex even if you don't go all the way to the ultimate consummation of two people's attraction to each other say, back at home. Well, if you get good at that, if you get good at poker or if you get good at being intimate with people in bars and it is intermittent, it will addict you.

Now, what's the problem with being addicted to intermittingly rewarding highly emotionally involved and charged risk taking behavior and feeling super super important because either you won or you made love. What could be more validating to your value and worth as a human being than someone else wanting to share their body, the most sacred thing they have with you; alone, away from the rest of the world. Well, now you've got a problem; for lots of guys they go out and they find that attraction, they have that experience, they have that fun and then they get too old and they stop; or, they get too fat and they stop; or becomes too easy and they get too bored and they stop; or it becomes too hard and the interment reward doesn't happen enough and they also get bored and frustrated. Mostly frustrated I would imagine for those guys. So, what's the worst outcome that could actually happen? That you stayed just the right amount of challenged and have just the right amount of fun that now it's an addiction that doesn't get replaced, it doesn't get changed. And so, you don't grow as a person; you don't make business friends because you're hung-over from what you did last night. You don't have children because you're good at contraception and you know how to use condoms and that part of your life gets delayed to the part where it may never occur. You never develop the qualities and traits which would make you truly worthy of your peers' respect and of the opposite sexes respect by having success in an area outside of the nightclub.

Intermittent rewards can lead to addiction

45. regarding going out with girls. Too easy to pull leads to stopping going out. Too hard to pull leads to stopping going out.... Somewhere in the middle... addiction

The mythical value of ancient things

As human beings we spent much of our formative years without written language and therefore much if not all of the learning that we got from our elders came in the form of stories. The keeping of history and the transference of knowledge has existed in the spoken form longer than any other form we know of. The usefulness of a story told is in great relation to the ability to remember the story or learn from it, and as humans we've also developed a keen ability to remember things that we think are important at the cost of forgetting things that aren't so important. If you take a look at the "power" section of this book, particularly the mnemonics section you'll find that if you imagine things vividly with colors and textures and exaggerated size, use motion

and sexuality or humor, your brain will find them more important, and therefore you'll be more likely to remember them.

The mystery of the unknown is a very alluring trait, and I feel works as a similar marker for us to know what is important to focus on. Things that are mysterious are able to maximally satisfy our curiosity, because by definition curiosity can only be satisfied by the unknown. This is where we find a hiccup in the otherwise good programming. Things that are ancient are inherently unknown, because of bad record keeping, bad communication so that even if good records were kept you might not ever be delivered the information regarding an event, because everyone that was there from your team died. Say, a battle, or a natural disaster killed all the potential message deliverers. There's also almost always a language barrier, because if the event, or thing, or place which you are feeling mysterious vibes from was over 1500 years ago, The English language didn't exist yet.

When you combine bad communication with bad recording keeping, and do it in a language not even spoken today, you've got quite a few good ingredients for triggering the feeling of mystery. Thus, because we are driven by curiosity, and because the ancient past due to its obscurity and often unknowable nature, many of us find ancient things fascinating.

Sadly, sometimes there's things you'd be better off curious about something useful, instead of something not useful. The longer we exist on this planet creating more and more history, and fiction, and culture, the larger the set of rather non useful interests grows, and the smaller the set becomes of really useful interesting things becomes in comparison. The reality is that the ancient past sucked, and it sucked hard. It's not very easy to derive value from what those backwards and ancient cultures did. If you know the amount of human sacrifice that was performed, you'd be shocked. It's pretty obvious that human sacrifice doesn't get the gods favor, or perhaps you would see those cultures still in existence, through their harnessing of such power. Fiction is fun, mystery is fun, however often not so useful.

Look at it this way, if the past was useful, and perhaps better than today, especially technologically, how would we go about forgetting about those discoveries and not having them available in the present time? When in the future do you think that the world will forget how to make the cheese burger? We just haven't had giant wiping out of knowledge often enough during the periods where history was considered valuable enough to keep track of to lose chunks of valuable information. And thus what you end up with is the fallacy of proof by complexity, for the apparent intelligence and complex nature of a civilization or person lost to ancient history, due to the fact they weren't effective enough to keep their own records or culture into modern times. If they were effective enough to be awesome, they'd have been able to keep good enough records to be not mysterious. Then they would be like the Greeks and Romans, awesome and respected, however, not mysterious.

If the Egyptians were more awesome and effective, we would know as much about them as we do the Greeks and Romans, and then they too would be as respected, however, because they were less effective, and had less of an impact on the world, we

now see them as mysterious. Don't be confused. To be unique isn't necessarily useful and to be mysterious doesn't mean that you have much to learned from nor that you should be respected. Don't fall for the appeal to complexity logical fallacy. Anything that was good enough to kick ass 1000 years ago has been rarely forgotten, and is now known and respected and thus non mysterious. Most mysterious are actually quite uninteresting once you are well educated enough to see them for what they are. You could say much of these same things about numerous ancient and surviving religions as well. There's one interesting story that I could offer about when we truly did forget something useful, when the British navy forgot to include citrus fruits on their ships and lots of people got scurvy.(xx) The set for forgotten and rediscovered things is nearly infinitely smaller than the set of things remembered.

Don't waste your time focusing on the useless mysterious when you have plenty of useful mysteries so near. Don't be triggered into interest by complexity, particularly the complexity of fiction, instead find the myth and mystery of the real world, which is quite complicated and magical enough on its own.

ancient stuff sucks, that's why its lost and ancient.. who cares... Most antiques suck also

Your feelings are optimized for a world that no longer exists

You face so much less mortal danger today than we ever have in the past, your emotionally excellent system for the wilderness doesn't work so well in the Wal-Mart. You're more likely to have a heart attack from overreacting or overeatting than you are to be eaten by a predator that surprised you.

710 - Colleting, not using - Spirit

It's interesting that fetishism that human beings have, we focus on cars and collecting them but not driving them. Focus on keyboards and collecting them but not typing. We'll focus our cameras and collecting them but not taking better photos. Same with e.g. gym equipment. So it seems rather odd that we focus on the things or then the activity surrounding the things. If we focused on the activity surrounding the things that the things were useful for. Then, there would be more training, there'd be more excellence, there'd be where usage, instead of hoarding.

Nature of reality

Remember when there were words you didn't know, and had to look them up? The books that had them, used to be confusing to you, and now you love those words and you may love those books. What changed? Your resolution, your resolving power, you're ability to discern difference and quality.

Don't take advice on the sharpness of an image or lenses from another man, unless you know that man actually has a good eye. And I do mean a good eye, I used to have great eyes, till I got glasses, now I have superhuman eyes. Better vision than most humans can get even with all the correction you can do. So if I'm able to see things now that I couldn't before, how on earth could I expect someone more different than me than my old self was to my current self to be able to see things the same way as I can?

Imagine that you are the cells that divided, over and over again. To organize from a single cell in our mother's womb. Into the person whose eyes are absorbing the light of this text right now. You might even hear a strong, deep voice in your mind. Speaking in a wise tone the words on the pages of this work.

By that same token, know thyself, perhaps you are the one that is myopic and outclassed. Let objective tests rule the day and decide who has the ability to even know the difference between better and worse, because they can at least see a difference to be able to choose one or the other based on something other than random chance.

Model of the world

Be free by giving away your freedom

Follow the law

This is what following the law does for you. You submit yourself to the will of your fellow man, and in return, he will protect your property and your investments, and enforce your contracts for you. Your fellow man and the society you live in sets the limits to what you can achieve. If you live in a lawless land, you can't get too much done in this world.

Anonymity on the internet is nearly impossible

If you clear your cookies, they hide tracking in your flash player. If you clear your flash player with a special tool, they track what fonts you have installed and what browser you're using. If you install NoScript, don't load flash, and somehow magically only allow certain fonts, well now you stand out too. Woe is the man who desires privacy against a motivated attacker. How few apps that you want on your phone would work if you said no to all the bullshit permissions they asked for? Sadly, in this day and age, it's easier to choose to be a sheep than eat 20 percent of your useful life trying to be "free." One day when the crypto community has more progress under their belt, you can readdress the issue with better tools. Right now it takes too much time for too little gain to maintain privacy.

The utility value of believing things that aren't true.

You want to believe in a thing greater than you because, doing so makes you more effective, and if you saw that truly the thing above you that was great than you was the false belief that there was really a thing, and that it wasn't just a way to be more effective by believing in a thing that may or may not be true, then it would work less well.

There are all kinds of places in life where inaccurate and unfounded beliefs lead to greatness, as anyone that has practiced fake it till you make it discovers. So sadly it's probably much much easier to let people believe that there is truly something greater than themselves that drives them, then it is to eat the midterm loss of performance of the shock that it's an illusion, albeit an effective illusion.

Anthropomorphizing emotions

People assign human emotions to gods and we kind of assign emotions to "the system" (that wants things from us) but there is however a system that's not anthropomorphized. It doesn't want anything from you. We just have evolved to treat things as though they were human, because it's more affective that way, because most of the problems we have growing up were more "human" than "lion" and that's why we have speech and track eye cues ... I mean shifty eyes mean something...

enough people got killed from shifty eyed mother fuckers for it to mean something. So part of the reason to measure a gods desires or emotions is funny because if there is a god he surely doesn't have the same emotions as you do....UNLESS that god system is actually part of an evolving set of other gods that he has to compete with and mate with and have limited resources. Maybe human beings are the food it uses to support itself in the god culture..

302. So **watching a movie is a lie**. The people in it aren't the people that really did the thing, the time that it happened wasn't the time it really happened, the rain's usually fake, the lighting's usually fake, it's all fake, right? But it's awesome, and kind of, believing religion is the same way. **It's an easy way to have an enjoyable, fun, fulfilling experience in life, unfortunately at the cost of truth** and, depending on which religion you're following and to what degree, could be a lot of violence and killing in there which is a pretty shitty side effect.

251. **Belief in God** makes you take a narrative that you think like, "Hey this video game sucks so bad and going out sucks so if God made it so that going out sucks and video games suck then He must have done all that just so I could write this book because there's nothing else to do." So I think that there's like this interesting theory that if you're motivated and you believe in God depending on what type of, like, belief you have around what God supposedly did, it may greatly affect your behavior. Now, I guess this isn't that interesting because it's all totally, you know, up to how you use your brain, right? There's lots of other people that think the absolute wrong thing and they do worse off for it. But I felt like recording it because I felt there's some inkling of learning in that by believing it changes what you do.

261. **When you're promised something so huge (life eternal ever after)** and the payment that you have to make for that huge payoff in the future, the small fee that you need to pay in advance, to get that amazing thing is to love God and do a few things that you were doing anyway. You know, don't covet thy neighbor's wife. You weren't doing that because your neighbor would kick the fuck out of you or stab you or whatever they did back then. Uh, you know, don't murder. Yeah, we weren't doing that anyway. So you're telling me that I can get all this super-duper cool shit without really changing my behavior at all and just, like, changing who I say I love?

If I say I love my wife, she wants to talk to me for an hour after work about the dumb shit that happened there and the gossip that I don't understand or care about, and I have to listen and love it and enjoy it because I'm a good husband. And she needs to feel important and I need to listen to what's important to her. When I'm talking about writing a book or shit she doesn't care about, I expect her to be a good wife and listen to what I'm passionate about even if she doesn't give a fuck. Well, if you want eternal everlasting life, **God is never going to call you with how bad a day He had at work and talk to you for an hour about shit you don't want to hear. He'll give you all of that, and all you need to give Him in return is basically nothing. Just do shit that you would've already done anyway and were already doing for the last religion you were in.**

But this one sounds better because maybe they've got less requirements. You know, you can keep slaves. That's cool. Maybe this other religion doesn't like you keeping slaves. So fuck. You know, that removes the guilt. I didn't feel good about keeping slaves, but now that I've switched religions, I not only get this cooler story, right? It's a better evolved story because it's been told for a couple thousand years so they figured out some improvements, right? They're like, oh, virgin birth, that worked. Let's copy that from here. Oh, fucking, uh, you know, talking fire tree. That sounds awesome. That worked over here. Let's have the talking fire tree. People will respect that shit. Sea monster – giant sea monster that swallows people and then spits them back up. Sounds legit. Sounds totally fucking legit, bro. Floods and shit, you know.

I guess you could call that certainty, right? Or, uh, you know, there's... anytime that you think that there's only, uh, a limited number of things that goes into a complicated thing, it's very likely that you just don't know all the other things that are there. You know, if you've got, uh, literally an itch that you desperately feel that you must scratch, well, what is that? The scratching and itch. Certainty? Is it variety? No, I think it's just another response to a multivariate, which is a fancy word for, uh, many, uh, variable inputs that human beings have. Now that is to say there's a lot of very cool, uh, decisions and learning and things that comes out of using the six human needs psychology to discover things. It's better than most of the other ones that I've seen out there, if not all of the ones that I've seen. But perhaps I haven't seen all of the ones that exist.

I mean, if you look at the variety of human experience, we also have happiness and sadness. Now are those needs? Do we have a need to feel happy and a need to feel sad and a need to change our state if you can say, okay, well, the changing state you can call that variety. What about the happiness and sadness? Are those needs that you need to feel those? Or not? Mm-hmm. What about all the other emotions? Like, uh, revenge and rage...guilt. Do you need...are those needs? Is guilt a need? Lots of people feel it. It seems to be a quite useful way to, uh, gather the wisdom of the crowds and to personal individual effectiveness. Yes, obviously it is often perturbed and misused, however I would say, uh, guilt and having a conscience are... is definitely more good than bad. You know, you could make another nice analogy to understand the, uh, the inaccuracy of having only six human needs of which two are optional, so you really only have four. Then, uh, you could just say it's to be or not to be. To do same or to do different. Well, I don't know, I guess you could learn something from that. But perhaps if you're a smart dude, you'd be better off with a more in-depth and nuanced understanding of the human, the most complicated thing we're aware of in the universe.

The profitable illusion of a soul

It is funny how so many people want to make the division between mind and body, even soul and mind. then you put them in an arm bar, apply some pain, and all that fancy crap disappears. Or take the mentally ill, who are totally lost, soul personality, everything, and you put a little tiny pill of some fancy man made stuff in their tummy, and they're back. where was their soul when they were crazy? where was everything that made them so special?

It is useful to think very highly of yourself, and to even think you are amazing and special, because to yourself you are truly the most special thing you will ever experience. In reality, the things that make us who we are, are very very modifiable based on the temperature, how much sleep you have had, whether you have any mushrooms that make you hallucinate or drugs in your stomachs. even smart transhumanists think that we can transcend our mortal coil. they think that we'll be able to digitalize our consciousnesses and live forever. won't that be funny when the 4chan hackers are pwning your soul. remember, those same 4chan hackers that are bored and tired of feeling powerless are going to have access to DNA synthesis and will likely be able to make very dangerous things in their free time.

727 - Deep - Spirit

It's interesting that human beings appear to have the same chemical composition in ratio that the rest of the universe has, or at least the rest of the earth. The things that are more abundant on earth, are more abundant in us and things are less abundant earth or less abundant in us. And i'll credit that cool black astronomer for this discovery. So he says if you want to think you're special then you could at least be made of something rare. But instead made of the most common stuff that's around. If it's really the fact that we evolved from the most common stuff well then it's likely that life is a rather like... it happens on its own, as long as that stuff's around. And so my brain was telling me, isn't it interesting that we have self emergent life over and over again from common materials. However, because of relativity and great distances we will never meet each other. And so it's an interesting in a separate universe that we live in where the only two species that evolved separately from each other and never got to meet were literally ones that survived the opportunities of self-destruction and lasted so long, that the two parties could actually meet and reach each other. Then the question arises if two conscious life forms meet each other from great distances over a billion years you know (xx check that number), but some extremely, extremely long number of years - would they care about meeting each other? And then I would say yes they would care, for the same reasons that caring evolved here, because it's an effective strategy. Those things that don't care they stopped being around and they don't get to be around for a billion years to meet the other race. Anything that's around for a billion years, long enough to get to meet the other race, does in fact care. Therefore, it would be a very interesting meeting and I'm sure that it would go perhaps with more of a bang than a whimper.

Danger and opportunity happen in an instant

Thus, the single man usually beats the committee.

This is why most successful organizations in the world rest upon the decision of a single man. If you attempted to replace the man with a committee, the decision making would take much longer, sometimes to the point of making no decisions at all. Thus for the same reasons that organizations with a single fast decision maker outperform organizations that take too long to decide things, you, as an organism outperform slow thinking creatures with a faster, fight or flight, friend or foe emotional response.

Psychopaths

A chapter called You really should care what other people think. QR

115. One good argument for caring about others being good is the fact that people who have the least empathy (psychopaths) end up being very not useful for society.

It is a common saying that you should not care what other people think. This is completely and entirely wrong, and you already know it. Before I destroy this common saying, I'd like to impart that I know why it's offered so commonly as wisdom. Many people care about what the wrong people think. And if not the wrong people, the wrong timing or angles. Timing and angles, what does that mean? Well, it turns out that when people judge you or speak about you, they're usually doing it because it provides them a profit they are unaware of, it just feels good. The reason it just feels good to gossip and judge others is because it raises your social status among your peers. It gives an easy target to agree upon which leads to better teamwork and bonding among friends. TO create an us and them mentality, a collectivism so to speak, gives the gossipers and judges a common group for understanding and behavior that makes them more effective, however at a price. The price is, as soon as they find profit in praise instead of negativity, they have to eat those words.

Wisdom

Cells divided speaking through Scivivalism

Imagine that you are the cells that divided, over and over again, to organize from a single cell in our mothers' womb, into the person whose eyes are absorbing the light of this text right now. You might even hear a strong, deep voice in your mind, speaking in a wise tone the words on the pages of this work.

Religion

How create a cult - sales through lies

Religion is interesting. If you wanted people to adopt your new belief system over their current one, a tactic could be to tell them they're allowed to do what they really want to do (rape, take land from others, keep slaves, subjugate women) and you can pretend that you're actually restricting them in some way. They don't mind at all. They don't have the guilt that any normal moral would have regarding the inhuman treatment of fellow peoples.

It's like selling someone a TV and saying that it was priced wrong and someone is going to get in trouble if you buy it, it locks the sale in, because they see value in getting something they shouldn't have gotten. Perhaps in reality that story was made up, and they bring another "special" TV out for sale once that person leaves the store.

Offering people an excuse to believe that they're paying with effort, that you think is valuable (not working on Sunday), and pretending you're getting payment from them for the thing they really want, by faking that they're paying you for the privilege of doing what they really want, by doing the thing you say you don't want them to do, which they didn't really every care about much at all. So, man this is really hard to phrase (whole paragraph is about selling with lies).

So you say you're not allowed to work on Sunday like it's a sacrifice, and they earn something with that sacrifice, but low and behold, they didn't want to actually work Sunday at all. And now you've not only given them exactly what they actually wanted, but you also gave them pride in that they were being paid extra to do the thing that

they wanted to do anyway, and that selling through lies is how you can get your belief system to outcompete another one.

You can offer them more benefits with less costs, and they won't think that it's fake, and that they're really just taking the easy way out. Because you confuse the issue with these false payments, and meaningless not hard to do behaviors that you "require of them" like saying some prayers that take a minute or two. When all you really want from them is for them to obey what you say that isn't in the book. To have your food handed to you by your followers. To have depending on your faith, their female children handed to you to do with as you please, sexually or otherwise - as the sole privilege of the leader of a powerful sect or cult, or religion. Who is more important and secure in a society than the person that's responsible for God's good will towards you, can you imagine what would happen if you insulted such a prophet? Well I can tell you what happened in the bible, II Kings 2:23-24, where some children made fun of God's profit Elisha, and God seeing this sent a pack of female mountain lions or bears to kill and feast on the children, who if I remember correctly numbered 13.

More at:

http://www.reddit.com/r/dataisbeautiful/comments/2er3zq/redesign_where_we_do_nate_vs_diseases_that_kill_us/

<http://flowingdata.com/2016/01/05/causes-of-death/>

Calculate what God is

If you want to know whether there's a God, you can look at the way things are built and just calculate what God would look like from that, which is an idea I had in high school way back when, it was like "Hey, let's not look at the words, let's look at the reality."

But people, for whatever reason, back then didn't really think it was a great idea, and I'm not sure but I think it's a great idea now, because you're kind of anthropomorphizing reality in ways that don't work for things that aren't human. Humans are human. Lots of other stuff's not human. If you stub your toe in your chair, your chair wasn't trying to get back at you because you didn't pay attention to it enough last night. R84

Evolutionary psychology of religion

https://en.wikipedia.org/wiki/Evolutionary_psychology_of_religion

Ten Commandments Rap

You ever notice how the guy out of the Ten Commandments is like a rapper talking shit like, I don't like nobody else for me and don't make no idols and don't you know I'm the one dude and like you know me-me rap me or act like come on God, don't me-me rap in the song bro. You've only got 10 verses here fucking at least like you know make one of those commitments compounds like set fit all that into one. R844

McDonalds has more effect than Christianity

The McDonalds franchise is very likely to affect more human behavior on a daily basis than Christianity and most other religions. It has more employees that wear uniforms, show up to work, move around more, do more commerce, and serve more customers or for the church there though. Thus while it is fun to talk about which religions are the most crazy, it would probably be more useful for humans to start new and

productive business enterprises which truly control the productive hours and behaviors of this world, at least until a day which I hope never comes, when religions might control man more than businesses. For then we're surely fucked, and if you're a woman, wow, epic fucked.

Religion is so very useful, and other greatest hits in the all times biggest fuck ups - Spirit
https://www.reddit.com/r/AskReddit/comments/4hmop4/what_was_the_biggest_fuck_up_in_history/

713 - Weird spiritual stuff - Spirit

If weird spiritual shit that other cultures did worked, they would be winning economically and otherwise.

Gender

Differences

Hunting/gathering

Gathering 80 to 85 percent of all merchandise in the USA is bought by women?

Xx

Hunting percentage by men xx

Free will

Sometimes you'll hear very intelligent people say that they imagined a creator when trying to discover truths about the universe. And they very well probably did, and they may have gotten the same result thinking that the creator was a bored child with a computer in another universe, than some superhuman like being. Or perhaps their intellect is forever colored by the ideas that hit it first, for the same reason that it is colored by the language that hit it first. The order of operations matter. I would not make the statement that adopting such coloring is how the world works best. In the end, if you're trying to think smarter, to some degree, it doesn't matter that much, because on a long enough time scale, the machines will out think us all,

Please don't try to outsmart the machines, it only works if you 're doing a type of thinking they can't yet do. And you need the results of that thinking before they figure out how to do it on their own. It's also pretty damn misleading to refer to the machines as though they are evolved conscious actors that exist because they care to, they're going to be the agents of humans for quite a while likely, because we're the result of a couple billions years of life being rewarded for caring if it existed or not. If you just got to the life party, you might be the drunk guy who's last words were, "look here at how I can juggle these chain saws!" Maybe putting in a strong desire to survive at all costs is as easy as entering that command as number 0 on a list of 3 prime objectives. I hope not. Fighting amongst ourselves is hard enough without worry about a new conscious actor. If all the machine needs to survive is power, and not man, is not man then just a risk to him?

Vision For The Future

Drugs are bad m'kay

https://www.reddit.com/r/todayilearned/comments/49do22/til_taking_magic_mushrooms_just_once_can/

Journeys and destinations

Journey and destination, you could focus on streets, or you could focus on destinations. They're both true, they're both accurate. One way you learn about paths and methods to do a thing, the other way you learn about the thing, and then

categorize the paths that can get there. One of them makes you good at the journey, maybe one of them makes you go to the single destination. I think journeys have more possible outcomes than destinations do.

R862

People who look forward to the future- Spirit

306. Some people feel really good having a bright future to look forward to. Like if someone has a vacation planned, they're always excited about having the vacation planned. So if you have that style of using your brain, it's probably a good idea for you to always have something that you're waiting on that's going to be awesome. Maybe for you it's short term and it's Friday, maybe for you it's longer term and it's a trip to some tropical island. Personally, I couldn't care less about those things, but if you are a person that responds well to that, execute it and put it on your list of things that are important that you should do.

Date with destiny

Some part of you knows what the right thing is. Some part of you knows that you're not doing it to the level that you should, and I can tell you as someone who finally bit the bullet and did it, when you finally take your fucking destiny, and use the gifts that you've been given or fought for, you'll feel a fulfillment that you can't find any other way. You can't find it through diversion, you can't find it through video games, you can't find it through another woman's arms, you can only find it by knowing that to some degree, for some part of your life, you're living your destiny. And when you do, it will become addictive. And it will be the best thing you ever get addicted to.

AMPLIFY: Personal Development/Improvements/ Tools /Strategies for achieving personal goals

Compounding improvements

Whenever you have something with a few parts, and you can improve each of the parts, the improvements all multiply by each other in ways you wouldn't expect!

Simple example. Lets say you have a website that sells a product called XYZ. This example website will sell 1 product for 100 dollars with free shipping. 1 percent of people that visit the site buy it. You pay 10 cents a click to google off an advertisement that says "buy XYZ product at XYZ.com". You get 1000 visits a day from your google ad. Your profit per order before marketing cost is 35 dollars. Your sales per day is \$1000. Your profit per day is \$350 minus the \$100 you gave google for the 1000 visitors to make your 1 sale. That's \$250 total profit per day.

Now we'll blow your mind. For it to be properly blown, please take a second to write down a real guess as to what you think the increase in profit will be if you do everything 10 percent better.

x_____

Ok, now lets do the experiment.kkk

You change your google ad to "XYZ only \$100 at XYZ.com this week!"

Now you get 10 percent more clicks. You now pay less per click (because google charges you less if you have a higher click to ad shown ratio.) So lets say you pay 10 percent less per click. Now you get 1100 visitors for \$99. You improve your website and now you get 1.1 sales per 100 visitors, and they charge 110 dollars from you, and your get better prices on XYZ from the manufacturer, so your profit per order at 100

dollar sale price goes from \$35 to \$38.50, but you're actually making another free 10 dollars from being able to sell at 110 instead of 100.

Visits	Cost per click	Conversion rate	Price	Cost of Goods per Unit	Ad Cost	Daily Sales	Daily cost	Daily Profit
1000	\$0.10	1.00%	\$100.00	\$65.00	\$100.00	\$1,000.00	\$650.00	\$350.00
1100	\$0.09	1.10%	\$110.00	\$58.50	\$99.00	\$1,331.00	\$707.85	\$623.15

If you have more parts you can improve, you get more compounding. So a little in lots of places is worth more than a lot in a single place. Imagine if you cut your cost per product in half, you still wouldn't make as much as just making everything 10 percent better. The point is, small improvements that multiply by

Synergy, immersion, Modifying meaning and belief etc. to get good at something

Magic of Meta Synergy

The magic of synergy Meta: This needs to go in the spirit section as well.

If you improve each of your skills that effect each other by 10 percent, you get 100 percent more profit.

Hobbies synergy

Choose your hobbies wisely, you only have time for a few. Ideally they could amplify each other! If you love having sex with beautiful people, it'd probably be great if you loved exercise as well. If you just happened to enjoy being playful and fun, and confident, all those hobbies would mesh wonderfully together. They're not magic. They can be learned and practiced like anything else. TLDR if your hobbies all amplify each other, you get exponential returns. Look at it this way.

Lets do the math. Let's say you like to go to nightclubs. And Let's say you have a cool conversation with 1 out of 5 people you approach. Lets say you have sex with one out of every 12 people you have good conversation with. META:someone else can stick some examples mathematically in here using the insights from "the magic of synergy"

Immersion, and getting good at something- Power

241.You know if the principle of, uh, the law of attraction was truly accurate than anyone that you saw with a high close count on a form of business start-ups or, uh, perhaps with a high profile on that, uh, website where people invest in things. I think it's called angellist.co – well, any of those guys are obviously immersed and obviously have high hopes, and yet very few of them are wildly successful. Some of them, perhaps, even end up losing money. So *clears throat* it makes you wonder, doesn't it enhance your likelihood to be constantly immersed in the language of some activity. Does it, you know, improve the likeliness that you'll get good at it? Yeah. I think so. But, uh, being near it is no excuse for being good at it. And being good is a hell of a lot harder than being near. And, uh, finding things that other people haven't noticed is a hell of a lot harder than thinking the same things everyone else thought.

Modifying Meaning and belief to execute a specific program

188. Its meaning and belief. I chose to enjoy the suck. I chose to see the pain as a goal. I chose to embrace the suck and embrace the pain. And want it. I consciously chose that. Now, I'm conditioning, my body, to stop fighting, and to be like, "yep, this is what we do now." When we feel uncomfortable and the suck kicks in, and the horror kicks in, and the fucking compulsion kicks in to read all the websites and play all the games and fuck all the girls and stop being conscious. Whatever it takes to stop being conscious. I got to do whatever it takes to stop existing. I got to execute a program so hard and so fast at such a speed over and over and over again until I can't think anymore. Because all of my thinking is being used

Choosing the meanings that empower you

should choose the meanings in your life that give you the most power. If you're smart and creative, you can literally create compelling meanings and perspectives from many different sides of an argument. Hell, if you want to, you can even convince yourself of a lie, even live that lie.. It's all fun and games until you wake up one day and can't live the lie, can't suppress the truth. some people off themselves, some people break, some people are born again, greater.

What you think is fate is really popularity. Choosing meanings

[https://en.wikipedia.org/wiki/Law_of_attraction_\(New_Thought\)](https://en.wikipedia.org/wiki/Law_of_attraction_(New_Thought))

Write this: that above text on serendipity describes how what you think is fate, is really popularity, confirmation bias, and the reticular activating system, not fate. I would file it under spirit

ALSO YOU get to choose meanings regardless of events, so you can call lots of things whatever you want.

Programming for precursor behavior instead of results.

So even though jealousy doesn't lead you to a specific outcome, since there is a finite number of things that lead to the outcome that you want. It's a good intermediary step that gets the same benefits. It is the same like having kids. You don't have to program people to want to have kids, but rather you have to program them to want to have sex, even though they don't want the kid they want the sex they end up with the kid, because the sex leads to the kid so you can lead to an intermediate step. Just like school you might not want to get a job, but you don't want to get arrested or have your parents yell at you so they tell you to go to school, and then in the end you end up with a job that you are qualified for because you had the schooling.

Leveraging and ratcheting emotions & Behaviors to achieve

Staircases, happiness and antilock brakes. A widely applicable Powerful Analogy(This could be split up to other sections like power& Mind)

Perhaps a ratcheting ebb and flow stair climb upwards is wise. Achieve, enjoy, grow bored, move on up. Maybe that is an optimal strategy? What is it that makes ratchets and stairs so much better than ramps anyway? I wonder what the universal principle is there. You're leveraging the power or starting friction by locking and unlocking like antilock brakes? Interesting. This is a great analogy for study. We use stairs instead of ramps because on a ramp, it's too easy to go from starting friction to rolling friction. With stairs, once you get your foot and weight on the next stop, it's very hard to slide back down. This is likely why we have so much segmentation and ratcheting in our emotions and behaviors. Even find grained measurements are hard to make, for instance, why do we only name ROYGBIV in the rainbow? Why not all the in-between colors? Why do we count in base 10 instead of base 20? Why do we

describe the tons of music as highs, mids and lows. We're amazingly coarse in our measurements and even our feelings. 12 average feelings a day. Total.

Xx meta: Perhaps our the coarseness of measurement fits well with the, no two rulers are the same size perception issues. This is more of an emotional angle though, so I'd probably leave this in emotions, rather than the idea that there's no such thing as equal in the physical world

Find empowering beliefs for things that happen

Stop saying everything happens for a reason. It doesn't. Chance really does exist. Thus whether there's a good reason or not, you can still find an empowering belief out of all events good or bad. And it can be tilted one way or the other just go to any casino and see for yourself how the biggest buildings in the southwest united states are built on the slight tilting of chance. If you're stuck in thinking life sucks mode though, you can be accurate and say, you turn bad outcomes into good fortune wherever possible, and that can be both true and empowering while allowing your world view to include that random events do truly exist. Get all the benefits of saying "everything happens for a reason" and live in the real world. You don't need to destroy your understanding of the really useful conception of chance in order to feel good.

Frustration & defrustration timing- spirit

245. Due to the complicated nature of the world in which we find ourselves, the times in which frustration was properly timed to restrict resources while still engaging in risk-taking, adventurous behavior. Uh, now the things that we need to do are so complicated that it's very, very hard for us to see 5-minute payoffs and 10-minute payoffs and however-long payoffs when things take decades now. So I think that we could benefit from using our minds and perhaps some type of chemical that DE frustrates us so that we can stay engaged in a task.

Select the activity instead of selecting excellence- Spirit

452. Isn't funny that the Nike brand started out with Greek imagery, and Nike being the God of victory, and then the brand literally thought, "Oh, victory is too hard. What's not too hard? Just doing it! I mean fuck win or lose, just doing it has got to be easier. "Right? So fuck selecting for excellence, let's just select for activity.

No immersion in mental space- Spirit & Schedule(Goes in a lot of places)

456. So, when you're trying to change the way you think about things, you have two options: you can either immerse yourself and make thinking the right way so easy that it's what you do. You wake up, you don't care whether you feel like it or not, you do the thing that you're supposed to do; it's scheduled and you fucking do it. And it doesn't take will power because it's engrained as a habit.

Well, mental habits are very similar to physical habits except that you don't get the ease of scheduling them. So you don't get the ease to feel a certain way about a thing because you've scheduled it. If you want to change the way you feel about reality television per se, you can't schedule a time to decide that you're going to feel that reality television is a waste of your time. You need to just program that emotion without the short cut of immersion, without the short cut of scheduling. You can use the NLP switch pattern kind of style: see this, do this, see this, do that not that, not that NLP works for the most part but that one kind of does.

So what you end up with is the human emotion of frustration. Frustration is triggered upon what is, it is not triggered by what is not. Okay? So greed is triggered by what is not; greed is the thing that I want and I don't have it right now. And so, what doesn't exist triggers greed and therefore movement in that direction. Whereas frustration is triggered by what is. Here is the thing and this thing fucking sucks, and now let's go do the other thing.

Pulling & Pushing emotions

So, we've got pulling emotions and we've got pushing emotions; we've got towards emotions and we have away emotions. And so, if you're trying to build a new belief, and a new strategy, and a new way of thinking about things as much as you may try to always stay in a positive frame you'll find that it's harder and that sometimes you just need to program and think about identifying the wrong way so that it gives you a trigger that you notice, "Oh. I'm doing this the wrong way, let me do it the right way."

I don't want you to live there. I don't want you to spend time there. I only want you to think about problems long enough to develop solutions, and focus on solutions.

But in the area of human thought, you don't get to immerse yourself. Shit is going to pop up, conversations are going to pop up, social media is going to pop up, you're going to stub your toe, life is going to happen, and then you're basically you're back in la la land and you're going to fall back into old habits and you need to know, "Hey, old habit. Okay, I see it. It's triggered me, now what do I do? What's the right habit?" And so, in this instance my old habit was maximizing for market share, maximizing for profitability and basically the mind of a sales man, the mind of a marketer and that is not going to save my life, that is not going to save my loved ones' lives and that is not going to save the planet.

I need to program myself and learn to think in a way where the profit is the wholesome sometimes financial, often times not financial getting of human beings to take responsibility for saving their own lives. And the sooner that I can start justifying my actions, and my beliefs, and my thoughts and my behaviors by noticing my old school style of profitability, my old school style of scale and saying, "Hey. That was great for then when money was the object but money is not the object now." So let's creating and memorizing these new frame works of getting people to care about what really matters. QW.456

Doing what you know you should do

Motivation and desire are wildly more important than knowledge.

Basically, the world is not short on things to know or amazingly complex things that can suck away all of your time that you may never fully understand, those things don't matter. What matters is doing the things that we already know that we should do.

It's funny how much effort and time goes into the education system and not the motivation system. Kids would be better off going to 50% of their time getting motivated to do shit and of their time 50% learning what they needed to, to do those things. Than spending 100% of their time learning things they will never use, can't use, don't want to use, shouldn't learn. How many people have a collection of exercise equipment in their house that goes unused? How many people have the ability to do push-ups because they have arms and they have a floor or not sure on the ability to exercise or not sure on the knowledge on how to exercise. We are short on the desire to exercise.

If you compare the papers that have been released in the systems of doctrine and education, and you compare all of the output in regards to IQ testing instead of motivation testing; IQ score instead of motivation score; memory ability instead of get you done ability; reasoning ability instead of get you done ability; creativity instead of get you done ability. It just seems like **getting shit done is the most important thing and the least taught thing.**

123. **The world does not need more knowledge the world needs more motivation.**

With the advent of forty dollar tablets, and twenty dollar smart phone, and somebody else being able to watch it and tell you how to do it. You could do anything you want for yourself if you are motivated to watch a video and try it.

428. **If a chain is only as strong as its weakest link, and in order to create some positive benefit to the world, you need to know how to do a thing and then actually do the thing.** Well then, which of these two is the weaker thing? Is the world more lacking in the ability to do things or is it more lacking in the desire to do things? And I will tell you what **the world is missing is desire.** For everyone would have a six pack and everyone would be fit and everyone would spend time with their families and **everyone would do all of the things that they know they should do but they don't have a lack of knowledge on how, they have a lack of desire to do so. QW.428**

Discipline shifts on motivation

Discipline shit's on motivation. Measure the 2 mindsets, see where all the good shit in the world is coming from. I bet you find a bunch of tortured fucking souls that are out there kicking ass while sad, as opposed to the happy go lucky nigger smoking pot and not doing dick

Difference between motivation and discipline is

Discipline is the most direct-bare metal doing of the thing possible, and motivation is not doing the thing, it's doing the emotions around the thing, and emotions are very slippery and they're very hard to hold on to, so let's say you wanted to hit something with a stick. Discipline is.... You grab the stick and you fucking hit it. Motivation is you circle jerk yourself and make yourself happy and make yourself feel good about it reach and grab the stick because you feel good doing it.